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METRO NEWS SERVICES

News on the Move

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Vancouver Games

Countdown to 2010

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• Today —
Hockey injuries give
Yzerman anxious
moments, page 14

On the web

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Sault St. Marie Soldier laid to rest



Military pallbearers carry the remains of Sgt. John Faught to his funeral in his hometown of Sault Ste. Marie, Ont. Faught was killed by a roadside bomb Saturday in Afghanistan's Kandahar province. Faught, 44, who joined the army 23 years ago, was a section commander of Delta Company, 1 Princess Patricia's Canadian Light Infantry of Edmonton. He was on his sixth foreign tour of duty, three of which were in Afghanistan.

Job losses looming?

AFL predicts up to 60,000 cuts, province says that's inaccurate

Alberta's Tory government and a major labour group are sparring over potential job losses that will result when a tight-fisted provincial budget is tabled next month.

The Alberta Federation of Labour is projecting up to 60,000 job losses when Premier Ed Stelmach's Progressive Conservatives release their spending plan Feb. 9.

Federation president Gil McGowan stood on the steps of the legislature yesterday to say that a planned \$2 billion in bud-

"They're not tipping their hand, they're not being forthright with Albertans."

Gil McGowan, president
Alberta Federation of Labour

et cuts will destroy thousands of jobs.

"They're not tipping their hand, they're not being forthright with Albertans," McGowan told a handful of reporters. "We've used their own forecasting to make our own estimates and frankly those estimates are frightening."

"With cuts of the magnitude they've been discussing — of between \$2 billion and \$3 billion — those cuts will result in the loss of between 33,000 jobs and 60,000 jobs."

But a Finance Ministry spokesman said the labour group is wrong and its projections are not based on accurate information.

"They seem to be aimed at creating fear," said Bart Johnson.

Alberta's \$2 billion fiscal correction is based on projections that next year's budget will grow by \$2 billion, he said.

So the Tory government's goal will be achieved, Johnson said, if it can keep the total budget at the same level of spending as last year — \$36.4 billion.

The spring sitting of the legislature opens with a throne speech on Feb. 4.

THE CANADIAN PRESS

Bear spray attack was racially motivated, police say

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

Police say racism sparked a September bear spray attack, for which a man and woman are now facing charges.

A black man walked into a convenience store on 118 Avenue and 50 Street just after midnight on Sept. 27, where police say he was confronted by a Caucasian man and woman.

The couple allegedly hurled racial slurs at the man, while challenging him to step outside to fight. He refused, and the couple left the store. Police allege the male aggressor shoplifted some items before walking out.

Shortly after leaving, the woman walked back inside and allegedly blasted the man with bear spray.

Officers with the EPS Hate Crimes Unit investigated and identified the suspects through video surveillance and eyewitness reports. "Based on the ongoing investigation, which includes witness information and video evidence, we have reason to believe that the incident was racially motivated," Staff Sgt. Darren Derko said.

Lacey Dawn Snyder, 21, was charged with harassment, causing a disturbance, assault with a weapon, possession of an offensive weapon and mischief. Dylan Alfred Trommel, 23, was charged with criminal harassment, causing a disturbance and theft under \$5,000.

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Local



Barenaked Ladies tickets available

The Barenaked Ladies, led by vocalist Ed Robertson, left, are bringing their patented musical stylings to Edmonton April 14 for a performance at the Northern Alberta Jubilee Auditorium. Special guest is Joel Plaskett. Tickets are on sale this Friday through livenation.com at 10 a.m.

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 @OilersNation Our latest poll asks whether Sheldon "Big Sexy" Souray should be traded. What do YOU think? #yeg #oilers

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WHAT'S ONLINE TODAY

Video Stephen Harper pushes for accountability on Haiti relief funds at metronews.ca/canada



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Grits change tune on energy policy

INDUSTRY Alberta's Liberal Opposition is changing its energy policy and offering some frank talk about past mistakes.

The Liberals now say the oil and gas industry should be viewed as a positive force in the province and royalties need to be competitive. Energy critic Dave Taylor says it was wrong for the Liberals not to criticize changes to royalties when they were introduced by the governing Tories in 2007.

The royalty changes that took affect a year ago were widely denounced by the industry and resulted in re-

duced investment and major job losses.

But the new policy also says that climate change is a reality and poses a significant challenge, so the Liberals plan to act in good faith to reduce Alberta's carbon footprint. **THE CANADIAN PRESS**

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News in brief

COURT A young man who shot and wounded a toddler on a central Alberta First Nation has testified that he started smoking marijuana at age 11 and dropped out of school in Grade 7. Christopher Crane, 19, was on the stand at his sentencing

hearing in Wetaskiwin, Alta., after he entered a guilty plea last year to aggravated assault and other charges. He was charged after an April 2008 drive-by shooting that injured Asia Saddleback.

THE CANADIAN PRESS



Edmonton Humane Society spokeswoman Shawna Randolph holds one of 45 rabbits found on a derelict city bus on Nov. 10. Of those rescued, eight survived, and four are still available for adoption.

2 charged in rabbit bust

45 sick, dying animals rescued from old bus

Two men are facing charges after animal-control officers seized 45 ill and dying rabbits from a derelict city bus in a south-central industrial zone.

"This has been just devastating on our staff, very hard to deal with," Edmonton Humane Society spokeswoman Shawna Randolph said yesterday.

EHS animal-protection peace officers discovered the animals on the old transit bus at 9620 - 27 Ave. on Nov. 10.

It's alleged the rabbits were living in "deplorable conditions" in their own waste, some without food or water and most in very poor health.

"It was serious enough

for us to lay charges under the Animal Protection Act," Randolph said. "In this case, the individual was not surrendering the animals to us and we had to seize them."

Most of the animals were infected with snuffles, a highly infectious, untreatable disease found in rabbits.

The majority were humanely euthanized at the shelter, or died in care. Of the 45 rescued, eight survived.

Randolph said authorities may never have discovered the bus had it not been for a call from a tipster.

Officials don't believe the rabbits were kept for breeding, but that pet rabbits multiplied until the popula-

tion was out of control.

"This is the largest seizure of rabbits in the shelter's history, going back over records from past years," Randolph said.

"We think it's a matter of someone getting in over their head with pets, unlike a puppy-mill situation."

Three of the bunnies were adopted and one is in foster care. The remaining survivors, three female bunnies and one male, will all be ready for adoption by the week's end.

William Lavery and Nathan Smith, both of Edmonton, each face four counts of animal distress and animal-care duties.

VICTORIA HANDSIDES/
 METRO EDMONTON

Yoga instructors doing their part for Haiti relief

Haiti Crisis

CHARITY A pair of local yoga instructors are doing their best to raise funds for Haiti aid after the devastating earthquake two weeks ago.

Allison Conroy and fiancé John Tai, owners of Urban Fitness Movement on 10301 - 109th St., are providing yoga classes every Monday night for the months of February and March, and donating all the money raised to the Red Cross Haiti Relief Operation.

"The proceeds are a way for us to contribute to Haiti," Tai said. "We are also asking our participants to collect some pledges to support them."

By charging \$15 per class,



John Tai and Allison Conroy of Urban Fitness Movement are looking to raise Haiti relief funds by offering yoga classes.

the couple hopes to raise a minimum of \$2,000 in class fees and another \$2,000 in participant pledge money.

Both have travelled in the Caribbean and taught yoga at an orphanage in the Dominican Republic. After witnessing some of the poverty on their trip firsthand, they

hold regular fundraisers.

"Just knowing the amount of poverty and devastation that is a regular day-to-day thing they have to live with in Haiti, and now this?" said Conroy. "That is what spurred us on."

YONATHAN SUMAMO/
 FOR METRO EDMONTON

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Missing Inuit hunter found in good health

An Inuit hunter who spent three nights stranded on an ice floe drifting in the Northwest Passage was rescued yesterday afternoon. "He was cold and tired but otherwise in good health," said Pierre Bolduc of the Canadian Search and Rescue Centre. **THE CANADIAN PRESS**

3

Canada



Bake sale raises nearly \$20K

Never underestimate the power of a group of moms with cupcakes. Susana Molinolo, left, organized a school fundraiser with fellow parent council mom Nancy Botelho and a colourful array of cupcakes soon began piling up at Molinolo's home. The event, held this past weekend in Toronto, raised \$9,800 for Medecins sans Frontieres, which will be matched by the Canadian International Development Agency. **METRO NEWS SERVICES**

Long road to fix Haiti

Harper urges spending transparency at Montreal summit

Haiti Crisis

Canada and the United States affirmed yesterday that aid money flowing to Haiti should be carefully tracked so it's not squandered or stolen.

Prime Minister Stephen Harper and U.S. Secretary of State Hillary Clinton emphasized the importance of accountability in the roadmap that will come from Montreal's international talks on Haiti's reconstruction.

"We bear a responsibility to our taxpayers to ensure that the money that our governments commit will be well spent, transparently, and with results on the ground for the Haitian people," Clinton told Harper after their meeting.

"That is also true for all of the private donations that will be joined with government funds."

Added Harper: "A big part of this is working through credible international organizations that are capable of co-ordinating donors, and also capable of tracking money."

Foreign Affairs Minister Lawrence Cannon hosted



Prime Minister Stephen Harper and U.S. Secretary of State Hillary Clinton chat prior to a conference looking at the future of Haiti yesterday in Montreal.

the one-day conference on rebuilding Haiti after a Jan. 12 earthquake flattened much of the country. He also attended the Clinton meeting.

International banking institutions, including the World Bank and the International Monetary Fund, were monitoring the talks involving more than a dozen foreign ministers to ensure accountability of future financial promises to the quake-stricken

country.

Non-governmental organizations that were invited to one session of yesterday's talks said the bankers were tightlipped about their specific plans.

Harper told the gathering that it would likely take a decade to rebuild Haiti. He stressed that the money pledged by the international community should be spent properly.

"It is not an exaggeration to say that 10 years of

hard work, at least, awaits the world in Haiti," Harper said after participants observed a minute's silence for quake victims.

"We must ensure that every resource committed — every relief worker, every vehicle, every dollar — is used as effectively as possible," Harper said. "We need to focus on effectiveness. The Haitian people deserve that. Our own taxpayers expect it."

THE CANADIAN PRESS

Inuit kids have more health issues: Study

ARCTIC Inuit infants die at well over three times the rate of other Canadian babies, according to a massive new study published yesterday in the Canadian Medical Association Journal.

And as if to underscore the tough situation facing aboriginal children in Canada's North, a second study in the same journal found that 70 per cent of Inuit preschoolers live in homes where there isn't always enough food.

"Inuit children in Nunavut are faced with health challenges that are more severe than those in Southern Canada due to the socio-economic conditions facing the entire territory," said Dr. Isaac Sobol, the territory's chief public officer of health.

To study the Inuit infant-mortality rate, University of Montreal researcher Dr. Zhong-Cheng Luo looked at all four million births in

"If you look at the trends over time, you do not see any improvement."

Dr. Zhong-Cheng Luo

Canada between 1990 and 2000. He then broke out those that occurred in 53 predominantly Inuit communities in the Arctic, from Labrador in the east to the Mackenzie Delta in the west.

After comparing those births with deaths in the first year of life, Luo found the mortality rate for Inuit infants was 16.5 per thousand live births — a rate not seen in Southern Canada since 1971 and 3.6 times the Canadian average of 4.6 deaths.

"If you look at the trends over time, you do not see any improvement," he said.

THE CANADIAN PRESS

Olympian's family loses \$8K in housing scam

VANCOUVER

2010 Games

GREG DOWNS
for Metro Canada

WHISTLER The parents of a champion U.S. Olympic bobsledder were scammed \$8,000 while trying to rent a duplex in Whistler to watch their son compete.

Ben Mesler said that in addition to losing the money, he's struggling to find

another place to stay for him and nine friends and relatives.

"We're in a real bind here," he said. "I'm upset, incredibly nervous about what's going to happen."

His son, Steve Mesler, is competing in his third Winter Olympics as a member of the United States four-man bobsled team that is ranked number one in the world.

Whistler RCMP Const. Joseph MacDonald said they are aware of the issue.

m.metronews.ca



As a sense of normalcy sets on Kandahar, some are fearful more Canadian troops will mean more violence. Scan this code for the story.

Shell to slow development in oilsands projects

ENERGY Royal Dutch Shell PLC will develop its oilsands holdings at a slower pace in the future, the energy giant's chief executive told a U.K. newspaper.

Peter Voser is quoted in

the Financial Times as saying growth in the oilsands will be done at a "very much slower" pace than in the past.

Shell is a 60 per cent owner of the Athabasca Oil

Sands Project, which includes a massive mining operation north of Fort McMurray, Alta., as well as an upgrader near Edmonton.

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Comment

Democracy strikes back

National Report

Lawrence
Martin

metronews.ca/nationalreport

Considering the calamity in Haiti has overwhelmed all other news, as it should have, the number of Canadians who showed up Sunday for nationwide protests against the suspension of Parliament was impressive. The people are speaking — in protests and in opinions polls. The story is not going away and the ramifications are many.

Firstly, it's a sign — a damn good sign — that democracy is alive in this country. We hear so often that Canadians don't care, that they're apathetic, that what goes on in Parliament is off their radar. But it sure hasn't looked that way.

Secondly, it's a development that knocks the prime minister from his arrogant perch, that hallowed ground wherein he seems to think he can get away with almost anything. The people have told him they're not going to put up with it. Here's betting you won't see Stephen Harper suspending Parliament for reasons of crass political gain ever again.

Thirdly, the story has revived Liberal party fortunes. Prior to the prorogation, the slumping Michael Ignatieff had almost been written off as another dead Grit walking. But as is so often the case in politics, it's not what you do that counts, it's what your oppo-

nent does. Sometimes, out of the blue — deus ex machina — a big break comes your way. Iggy finally got one.

"We can get more work done, Conservatives say, when Parliament isn't in session ... When the opposition isn't around, it does make life a lot easier. It's tantamount to running a dictatorship."

Fourthly, the Governor General will now take note of how serious the shutting down of Parliament is. In future it will likely take more than just a phone call from the PM. This was the third time, not just twice as many think, that Harper has shut down Parliament in the last year and a half. The first time was when he turned his back on his pledge of fixed election dates to force the 2008 election. Yes, there was an exception to the fixed-date law. An election could be called earlier if the government lost the confidence of

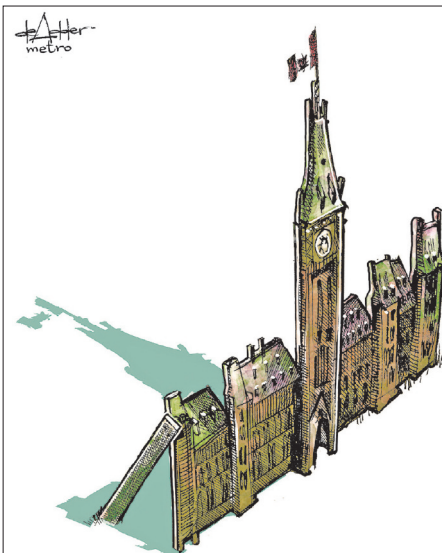
the House. But in that instance the government had not lost the House's confidence.

As for the latest prorogation, Canadians aren't buying the Conservatives' excuses. One of them is that other governments prorogued as well. But no other government has done it three times in 18 months for cynical political reasons.

Then there's the latest rationale, a most revealing one. We can get more work done, Conservatives say, when Parliament isn't in session. That, in fact, is true enough. When the opposition isn't around, it does make life a lot easier. It's tantamount to running a dictatorship.

That's why Canadians are reacting the way they are. They're saying, "Sorry Mr. Harper, you can't have one."

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



CANADIAN DEMOCRACY

MICHAEL DE ADRIER

Views

Not easy to hack away at federal deficit

InBusiness

Charles
Davies

metronews.ca/inbusiness

Deficit reduction in Canada reminds me of that scene in Monty Python and the Holy Grail where King Arthur encounters a Black Knight who won't let him pass.

As Arthur systematically hacks off his limbs, the Black Knight refuses to acknowledge that anything's wrong. "It's just a flesh wound," he chirps after losing both arms. By the time Arthur is finished with him, he's legless as well.

When Finance Minister Jim Flaherty delivers his budget March 4, he'll have

all his appendages, but little else. The federal government says it can reduce the deficit to nearly zero by fiscal 2014 from more than \$50 billion in the year ending March 31.

But given its planned approach, a combination of spending restraint (holding annual federal spending growth to more like four per cent rather than the six per cent it has been running at in recent years), leaving transfer payments largely untouched, no new taxation, and heavy reliance on economic growth, we'll see limble knights dancing in the streets before the shortfall is eradicated.

You'd think cutting spending in an enterprise as vast and all-encompassing as the federal government would be easy, but no. Federal transfers, a mélange of

equalization payments, health and social transfers, employment insurance, old age supplement payments and the like, are inviolable because it's political suicide to touch them.

They make up 45 per cent of Ottawa's current \$236 billion a year in program spending. About 14 per cent goes to service our national debt, so we can't do anything about that. And 11 per cent goes to international, immigration and defence programs, a tally unlikely to shrink even if our troops are repatriated from Afghanistan starting in 2011. Let's not even think about Haiti.

Parliamentary budget officer Kevin Page, a realist unlike the spinmeisters in the Harper government, says Ottawa must save roughly \$19 billion to bal-

ance the budget by 2014. But the longer you look at the federal government's current program spending, the harder it is to see where savings of this order can be made.

There is one possibility. Stockwell Day, who was named president of the Treasury Board in the recent cabinet shuffle, is expected to be Flaherty's hit man in reducing expenditures. Day can start close to home with the Treasury Board secretariat, the board's administrative arm and general manager of the government's operations. The secretariat is spending nearly \$8 billion a year, and it must have some limbs in need of trimming.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

British boy's bike ride raises \$160K for Haiti

A young British schoolboy has raised more than 100,000 pounds (\$160,000) yesterday for Haiti's relief effort by cycling around his local park.

Charlie Simpson, 7, was so upset by the images

of Haiti's deadly earthquake that he asked his mother if she could help him set up a sponsored bicycle ride around a west London park.

Charlie originally hoped to raise 500 pounds (for UNICEF's Haiti appeal with Sunday's eight-kilometre bike ride), but his Internet page was flooded with donations.

He raised nearly 50,000 pounds in a single day. Charlie's story was

splashed on the front page of Britain's Daily Mirror newspaper yesterday, and money is still flooding in.

"I want to make some money to buy food, water and tents for everyone in Haiti," he said on his fundraising website.

The effort drew the attention of Prime Minister Gordon Brown, with his Downing Street posting on Twitter: "Amazed by response to the great fundraising efforts of 7 yr old."

The boy's mother, Leona Simpson, said she was amazed by the response. "We put it on the web and that was it, it suddenly took off and we can't believe it."

THE ASSOCIATED PRESS

Haiti Crisis

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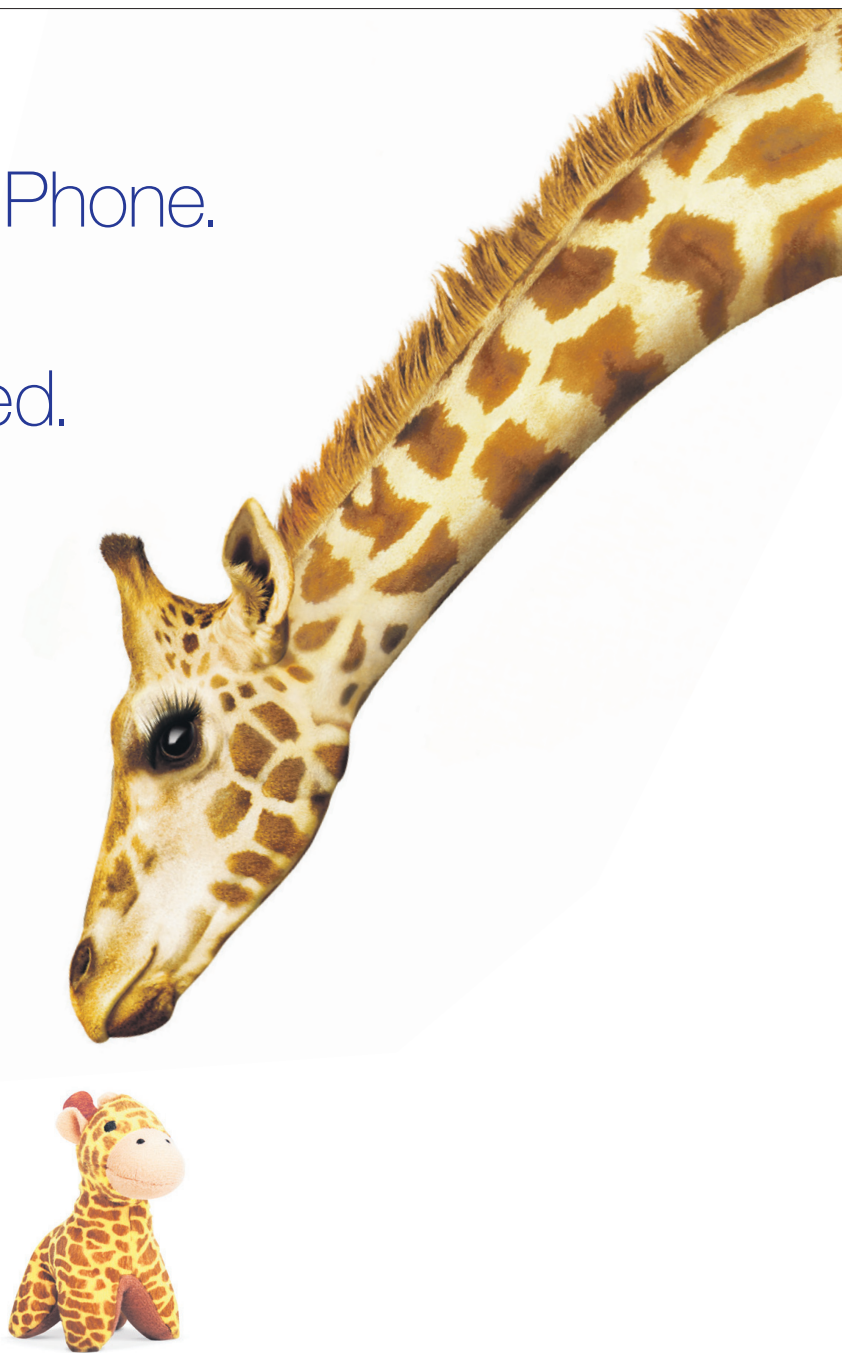
The number of Canadians who have reduced their automobile usage in the last two years in favour of public transit.

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Pope Benedict XVI says the world is marked by religious indifference and a "growing aversion" to Christianity. The pontiff also is urging Christians to overcome their differences through dialogue so that they can unite their efforts to influence debates in society on ethical issues such as abortion and euthanasia. **THE ASSOCIATED PRESS**

World



Netanyahu's wife sues newspaper

The wife of Israeli Prime Minister Benjamin Netanyahu sued an Israeli newspaper yesterday for libel and defamation of character, claiming the Maariv daily is "maliciously trying to humiliate" her. Sara Netanyahu, left, is claiming damages of US \$270,000 and demanding an apology and a correction for a story that stated she fired a 70-year-old gardener at the prime minister's official residence. The gardener lost a son in one of Israel's wars. The suit comes a week after a former housekeeper sued Netanyahu for alleged verbal abuse and other mistreatment. **THE ASSOCIATED PRESS**

French panel report on veils due

FRANCE A French parliamentary panel will recommend a ban on face-covering Muslim veils in public areas from hospitals to schools, but will stop short of pressing for the garb to be outlawed in the street, the panel's president says. The panel's report due today culminates a six-month inquiry into the wearing of all-encompassing veils that began after President Nicolas Sarkozy said in June that they are "not welcome" on French territory. The panel's mission, and a separate national identity debate on immigration, already have left some of France's Muslims feeling discriminated against, said Mohammed Moussaoui, who heads an umbrella group of various Muslim organizations. France has the largest Muslim population in western Europe.

THE ASSOCIATED PRESS

Where do they go now?

Government urges people to leave capital as 700,000 lack shelter

Haiti Crisis

The collapse of much of Haiti's capital has a large part of the nation struggling just to find a place to sleep.

As many as one million people — one person in nine across the entire country — need to find new shelter, the United Nations estimates, and there are too few tents, let alone safe buildings, to put them in.

That leaves about 700,000 other people living on the streets around Port-au-Prince under whatever they can salvage. In the case of Jean Anthony's family, that's a blue plastic tarpaulin for a ceiling and a faded



Two men fight over a bag of rice during food distribution in Port-au-Prince yesterday.

pink sheet with a floral print border for two walls. "I'm not sure what you'd call it, but it's much more than terrible," said Anthony, the 60-year-old owner of a collapsed restaurant. Thousands of people were

camped around him yesterday across from the collapsed National Palace, amid piles of trash and the stench of human waste.

"We live like dogs," said Espiegle Amilcar, an unemployed 34-year-old who has been staying under a sheet of plastic nearby. Aid organizations say they are collecting tents, but few so far are in evidence. And the International Organization for Migration, an intergovernmental agency, says it could take experts weeks to search out suitable sites for

Urgent meeting

• The UN says its top human rights body will hold an urgent meeting tomorrow on Haiti. The special session of the Human Rights Council was requested by Brazil.

enough tent cities to hold earthquake refugees.

Haiti's government wants many of the homeless to leave the capital city of two million people, to look for better shelter with relatives or others elsewhere.

An estimated 50,000 to 100,000 people have returned to the region around the coastal city of Gonaïves in northern Haiti, a city abandoned by many after two floods in six years.

"Living in Port-au-Prince is a problem. Going to Gonaïves is another problem," said Maire Delphin Alceus. "Everywhere you go is a problem. If I could, I would have left this country and been somewhere else by now. But I have no way to do that." **THE ASSOCIATED PRESS**

U.S. imposing 'information imperialism'


BEIJING China rebuked the U.S. yesterday, denying involvement in Internet attacks and defending online restrictions after Washington urged Beijing to investigate an attack against Google. The search engine giant announced on Jan. 12 that it would pull out of China unless the government relaxes rules on censorship. The ultimatum came after Google said email accounts of human rights activists had been hacked. Since then, U.S. Secretary of State Hillary Rodham Clinton has criticized censorship of cyberspace. The Foreign Ministry said her remarks damaged relations, while a Chinese newspaper said the U.S. was imposing "information imperialism" on China.

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Gov. Arnold Schwarzenegger tells Californians they have a right to be angry. Scan this code for the story.




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News in brief

IRAQ Suicide bombers struck in quick succession yesterday at three Baghdad hotels favoured by Western journalists in well-planned assaults that killed at least 37 people and wounded more than 100. The blasts were launched over a span of 15 minutes, shortly before Iraq announced it had hanged Saddam Hussein's notorious henchman "Chemical Ali" and gave rise to speculation about possible links to the attacks.

MISSOURI Police say a man accused of stealing a ring coughed up the evidence while officers were questioning him. Pictures of the two-carat diamond ring worth about \$20,000 US were sent to jewelers after it was reported stolen Thursday. The owner of Newton's Jewelry recognized the ring when a man and woman came in a few hours after the theft and said they wanted to sell it. L.T. Newton stalled them and called police. Police say the man swallowed the ring when officers arrived. While being questioned, he began to cough uncontrollably and eventually coughed it up.

THE ASSOCIATED PRESS

Octomom Octoplets turn one



Star magazine cover featuring Nadya Suleman, the 'Octomom', in a red bikini. The cover includes headlines: 'EXCLUSIVE OCTOMOM One Year Later', 'My New Bikini Body!', 'HOW I DID IT!', 'No nips, no tucks, no lipo', 'Nadya's secrets to flat abs & erasing stretch marks', 'Jen & Gerard THE STEAMY SECRET PHOTOS! Leather, lace & lust', 'Rihanna's New Man HE'S VIOLENT! — explosive court papers', and '32 Best & Worst WINTER READY BODIES'.

In this cover image released by Star magazine, the Feb. 1 issue features "Octomom" Nadya Suleman. As the octuplets celebrate their first birthday, the single, unemployed woman is raising 14 children while milking the celebrity media for attention and money that she plans to use to bring up her brood.

2,000 tourists stranded

Heavy rains and mudslides in Peru have blocked the train route to the ancient Inca citadel of Machu Picchu, stranding some 2,000 tourists. **THE ASSOCIATED PRESS**

world 7

Leftist conference begins in Brazil

Thousands of leftists converged yesterday in southern Brazil to spend five days railing against unfettered capitalism at the World Social Forum, the annual countercultural gathering held to protest the bankers and world leaders who will attend the World Economic Forum at a Swiss ski resort.

Organizers expect as many as 15,000 activists from around the world to swarm into Porto Alegre, raising communist flags and shouting socialist slogans as they decry corporate greed as the main reason the planet plummeted into an economic slump.

In contrast, the economic forum that starts tomorrow in Davos, Switzerland, is expected to see fewer leaders than in years past, and U.S. President Barack Obama's plan to clamp down on the size and activity of banks is sure to be on the minds of many of the rich and powerful heading to Switzerland.

Lingering fallout from the financial crisis is proof that the world economy must be retooled to benefit people, not big companies, said Francisco Whitaker, a Roman Catholic activist and co-founder of the social forum who was exiled from Brazil during its 1964-1995 dictatorship.

"The fact that Davos is being held like it's a wake gives the impression that capitalism is on the downfall and hitting its limits," Whitaker said.

Activists are increasingly energized by the prospect of persuading governments to tackle corporate excess and spread more wealth to the needy, he said.

"We're in the midst of true enthusiasm," Whitaker said. "We may not change the world completely and all at once, but the change now can come from the bottom and spread. It's surging and getting toward a critical mass." **THE ASSOCIATED PRESS**

Venezuela Fighting censorship



A woman argues with riot police during a protest in Caracas yesterday. Police fired tear gas and plastic bullets to disperse students protesting after President Hugo Chavez's government forced a critical TV channel off cable television.

15 Canadians applied for asylum on grounds of persecution: U.K.

LONDON British government figures show that a number of Canadians and Americans have applied for asylum in the United Kingdom in the past few years on the grounds that they were persecuted in their own countries.

Home Office figures show 15 Canadians and 45 Americans tried to obtain asylum in Britain between 2004 to 2008.

The government says all

of the applicants were refused.

The Home Office was unable to give information explaining why, saying only that all asylum seekers must prove they face persecution at home and that authorities there cannot address it properly.

The figures were made available to the Guardian newspaper, which published them yesterday.

THE ASSOCIATED PRESS

Neo-nazi group to pick up litter

COLORADO A white supremacist group will be heading out on the roads to pick up litter. The chapter of the National Socialist Movement is participating in an Adopt-A-Highway program in Colorado. The group calls itself America's Nazi Party and it will be responsible for picking up trash along a 1.6-kilometre stretch of highway north of Denver. A sign is already up in the area with the group's name on it.

State highway officials say they allowed the highway adoption because their lawyers said they could be in violation of the group's free speech if they issued a denial.

THE ASSOCIATED PRESS

News in brief

NEW YORK Two Tamil-Canadians caught by the FBI trying to buy anti-aircraft missiles and other weapons for the Tamil Tigers three years ago have

been sentenced to 25 years in prison. Toronto residents Suhil Sabaratnam and Thani Thani-gasalam were sentenced yesterday. **THE ASSOCIATED PRESS**

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<div> Kenya^{from}..... .6.9 ¢</div>	<div> Russia^{from}..... 2.9 ¢</div>		
<div> Kuwait.....6.9 ¢</div>	<div> Saudi Arabia ... 3.9 ¢</div>		
<div> Lebanon 9.9 ¢</div>	<div> South Korea.. 2.9 ¢</div>		
<div> Libya.....24.9 ¢</div>	<div> Sri Lanka.....11.9 ¢</div>		
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A small Ontario firm is using retrofitted shipping containers to provide some of the essential equipment aid organizations need when working in areas as devastated as the parts of Haiti damaged in last week's earthquake. **METRO NEWS SERVICES**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Sydney Zoo view



Google Australia previews its new Street View Trike at Taronga Zoo in Sydney, yesterday. The zoo will be the first location mapped using the new Google vehicle enabling Internet users to view the imagery collected.

EI exhaustion possible: Report

Unemployed could see benefits run out with no job prospects

Hundreds of thousands of unemployed Canadians may exhaust their benefits before finding a new job despite improvements to the employment insurance system, according to an analysis by a senior Canadian Labour Congress official.

The analysis by CLC chief economist Andrew Jackson found that 500,000 Canadians who initiated EI claims in 2009 could very well see their benefits run out with no job prospects in sight.

The report noted that there were 120,000 more unemployed Canadians unable to collect benefits

Rising tide

• The number of Canadians who were collecting benefits rose from about 500,000 to over 809,000 between October 2008 and October 2009,

but the number who were jobless and not collecting benefits also rose, Jackson said. Many of those were women, his report added.

as of October 2009 compared with before the recession hit in October 2008.

"We can expect that the total number of new regular claims in 2009 will (have) hit about two million," Jackson said in his report, written for the Canadian Centre for Policy Alternatives.

"If the exhaustion rate were to remain the same as in 2006-07, we could eventually see some 500,000-plus exhausted claims in late 2009 and into 2010," he wrote.

The report gave credit to the government for extending benefits by an additional five weeks. But it said the changes were in-

adequate to handle the additional demands on the system caused by the recession, where at the peak over 400,000 jobs were lost.

Even with improvements to the system, only about half of those unemployed nationally were collecting benefits as of last October. In Ontario, one of the hardest-hit provinces, that number was as low as 41 per cent, Jackson said.

He noted that the average time it took to find a job stood at 17 weeks as of last September, compared with 13.6 weeks in September 2008.

THE CANADIAN PRESS

Middle class under assault: Obama

POLITICS U.S. President Barack Obama is offering help for people struggling to pay bills and care for their families, appealing to a middle-class he says has been "under assault for a long time."

In a partial preview of a state of the union address that aims to answer voter angst about the economy and reconnect with the public, Obama outlined yesterday the series of proposals from the White House.

The product of a middle class task force headed by Vice-President Joe Biden, the proposals will also be included in Obama's bud-

get request due to be submitted to Congress next week.

Among the initiatives: a doubling of the child care tax credit for families earning under \$85,000 US; a \$1.6 billion increase in federal funding for child care programs and a program to cap student loan payments at 10 per cent of income above "a basic living allowance."

His initiatives also include expanding tax credits to match retirement savings and increasing aid for families taking care of elderly relatives. That program would also require many employers to pro-

vide the option of a workplace-based retirement savings plan.

Obama is seeking to offer some attractive options to taxpayers, mindful of the painful implications of the loss of a traditionally Democratic Senate seat in Massachusetts to Republican Scott Brown.

THE ASSOCIATED PRESS

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Your Money

Asset inventory could uncover hidden money

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

This is triple witching time — money wise, at any rate. Holiday bills are still not paid, RRSP contributions still not made and tax season looms. This is when I get a rising crescendo of pleas for help. Most of them along the lines of neighbours Julia and Jason: "We just can't find any more money. What are we going to do?"

Answer: The Audit Squad — actually, just moi. I offered to do what I call an excess asset inventory and sift through their possessions to discover superfluous, sellable items. The

only rules were: Don't hide anything and no whining when we're finished.

I started in the garage, so overstuffed they couldn't fit the car in as well. I found a working freezer and a dorm-sized fridge. Sold! \$150. A weight set. Sold! \$35. Beer and wine bottles. Returned! \$22. A '50s chrome dinette set. Sold! \$100. A perfectly good 27" TV. Sold! \$50. A box of 1960s mint condition vinyl albums. Sold! \$225.

Getting the picture? They had almost \$1,500 of malingering assets in the garage, all purchased with credit cards,

which have big balances. In effect they are still paying 19 per cent interest, or almost \$25 a month for this stuff.

I was licking my lips as I headed into the house. Hello Kegerator! There was much resistance from Jason about the pool table (un-racked for three years) and an exercise bike sporting a cobweb hairdo.

Julia enjoyed Jason's dismay until I turned to her bureau. She had gobs of no longer worn costume jewelry plus a drawer filled with gold items either broken or missing a mate. The gold went for \$400 at a gold party.

After the audit, Julia and Jason sold almost \$3,000 worth of stuff which made a big dent in their credit card debt and freed up some money for RRSP contributions. The bonus? They can now get their car in the garage.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisononmoney.ca.



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THE ASSOCIATED PRESS

Money-saving tip

Limit your ATM withdrawals and bank fees. Plan your spending and always use cash. You may want to consider leaving your debit card at home, too. **NEWS CANADA**

9

Financial Planning

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Easy to control your future

Obstacles such as job loss, economic downturn can be overcome with a plan

RAFAEL BRUSILOV
for Metro Canada

Financial planning is crucial to meeting many of your life's goals, but many people are afraid of making that first commitment.

Jeff Young, senior manager of financial planning support at RBC, says the first step to taking control of your financial future is to find an expert you trust who understands you.

"I strongly encourage people to work with an adviser because there are intricacies in financial planning that most individuals are not ready to handle alone. An adviser can really help you get a vision of what your goals are," Young said.

Decide on what your short-, mid- and long-term goals are, and then be realistic about whether you'll be able to reach them. If some of your goals are too vague or too lofty (at least for now), it might be time to tackle them in order of impor-



Having a financial plan can help you to understand what your short-, mid- and long-term goals are.

tance rather than trying to conquer them all at once.

"Put all your goals together and ask yourself, 'Can I achieve all these goals?' If you can't, it's time to prioritize," Young said.

With people living longer, inflation continually rising, taxes slowly creeping up and

economies swerving up and down, Ida Templeton, a director with Canadian financial services firm Investors Group, says some measure of financial planning is crucial for everyone.

"The reason financial planning is so critical is that we all are living under the same financial circumstances. A financial

"No matter how much money you have, you can make positive changes for yourself."

Ida Templeton

plan allows you to be in a position where you can control the things you actually have control over," she said.

While certain things in life can be predicted, some of the most challenging situations can happen suddenly, such as a job loss, a death in the family or an economic downturn, and good planning can help you weather those challenges.

"A really critical component of any good financial plan is planning for the obstacles. Stay close to the fundamentals that build up a very strong foundation in your financial pyramid," Templeton said.

The concept of good and bad debt is important

to remember, Templeton says, because the difference has enormous implications for your financial health. Good debt, such as an RRSP loan, can help you meet financial goals in the right situation, whereas bad debt, such as credit card interest, can hold you back from those goals.

Templeton says that no matter how long you've

waited to set out on a financial plan, it's never too late to start.

"I think people underestimate the power and opportunity they have, and a lot of times it just means asking the right questions. Be conscious and realize that no matter how much money you have, you can make positive changes for yourself," Templeton said.

Budget 'like a diet'

ROBYN YOUNG
for Metro Canada

When it comes to financial planning, there's no time like the present.

"It doesn't matter if you're in your 20s, 40s or 80s, as long as you start," said Laura Rossiter, a consultant with Investors Group Toronto Midtown.

But the earlier you start, the stronger your plan will be and the better your saving habits will become over time, she added.

There are a number of ways to develop a financial plan, says Tamara Smith, vice-president of marketing and consumer affairs for the Financial Planning Standards Council.

Start by setting life goals, tracking how much you spend over the course of a month, setting a monthly budget and sticking to it, and trying to save 10 per cent of your take-home salary, she said.

"It's like a diet, you've got to start the first day and then you go the second day and the third day and you just keep at it," Smith said.

The next step is to make an appointment with a financial adviser.

Most major banks provide financial planning as a complimentary service for customers, but the service may be attached to products such as RRSPs, a mortgage, or a savings account.

Other groups offer financial advice without the attachment to products, but charge a fee for the service.

Whatever route you choose, it's important to talk to a professional, says Kevin Macleod, certified financial planner and vice-president of Moneyadviser.ca in Calgary.

"I think there's a lot of misinformation that gets poured down our throats about money," Macleod said.



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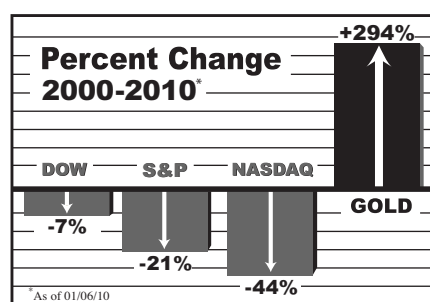
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The brother of figure skater Nancy Kerrigan pleaded not guilty yesterday to assaulting their 70-year-old father, who died over the weekend after a disturbance at the family's Massachusetts home. Mark Kerrigan, 45, was ordered held on \$10,000 US cash bail after his arraignment yesterday in Woburn District Court. **THE ASSOCIATED PRESS**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Cormier suspended for rest of the year

HIT The Quebec Major Junior Hockey League hopes it has sent a strong message against dangerous, illegal hits by suspending Patrice Cormier for the rest of the season and the playoffs.

The league handed down one of the longest suspensions in its history yesterday when it banned the Rouyn-Noranda Huskies centre for elbowing Quebec Remparts defenceman Mikael Tam in the face and sending him to hospital with brain trauma and several broken teeth in a game Jan. 17.

League disciplinarian Raymond Bolduc, who took a week to investigate the incident before rendering his decision, called the hit "dangerous and unacceptable."

"The message is very important — we don't want those types of gestures in

Public opinion

- Most Canadians believe that violent hits to the head are not only avoidable in hockey, they are usually pre-meditated, according to the results of a Canadian Press/Harris Decima survey.
- The sentiment is strongest in Quebec, where 80 per cent of respondents said they felt head shots are unnecessary.

our league," he said.

In Quebec City, the Remparts were satisfied with the decision, and said it was up to Tam and his family whether to pursue legal action against Cormier. Tam is to undergo further medical tests this week to determine the extent of his injuries and when, or if, he will be able to return to the ice.

THE CANADIAN PRESS

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Second Wizard pleads guilty

Washington Wizards guard Javaris Crittenton, left, pleaded guilty to a misdemeanor gun charge yesterday, explaining he had a pistol because he feared teammate Gilbert Arenas would shoot him or blow up his car after the two argued over a card game. The hearing marked the first time authorities confirmed Crittenton was the other player involved in the confrontation with Arenas, who pleaded guilty Jan. 15 to a felony gun charge. **THE ASSOCIATED PRESS**

Worse is not better



Horcoff not interested in lottery pick; he wants to win games

While fans of the Edmonton Oilers debate the merits of finishing in a bottom-five lottery pick position versus doing something now to boost the fortunes of a team in 30th place, Shawn Horcoff can't get on board with the worse-is-better argument.

Horcoff, who has struggled as mightily on a personal level as the Oilers have in dropping to dead-last in NHL standings with Carolina's 5-1 win over Boston on Sunday, isn't worried about the lottery.

Of course, many fans are suggesting Horcoff already hit the lottery with his latest contract, a six-year extension worth \$33 million US. Horcoff will earn \$7 million this season and is a \$5.5-million salary cap hit.

When a team has won just once in its last 18 games, as the Oilers have with a 1-15-2 record as they prepare to face the Chicago Blackhawks tonight, money, like potential prime draft picks, doesn't necessarily mean happiness.

Just ask Horcoff.

"Pride-wise, it's not so much where you finish," Horcoff said. "It's the fact you want to win. We're all professionals here."

"The reason you play the game is because you want to win. It's the feeling you

"The reason you play the game is because you want to win. It's the feeling you get from winning hockey games."

Shawn Horcoff

get from winning hockey games."

With the Oilers on a 10-game losing streak after a 4-3 loss to Dallas on Friday, there's been little to cheer about for fans aside from the possibility of getting a crack at prospects Taylor Hall, Tyler Seguin or Cam Fowler in the 2010 Entry Draft.

Horcoff, 31, might be the unofficial poster boy for a season gone wrong.

He has just nine goals and 19 points. He's minus-23, tying him with Patrick O'Sullivan for worst on the team and second-worst in the NHL.

THE CANADIAN PRESS

m.metronews.ca



Streaking Sens can thank hot goalie and healthy lineup for six-game winning streak. Scan this code for the story.

New Orleans soaking in landmark victory

NFL Sean Payton still hadn't gone home yet when the New Orleans Saints returned to work the day after the biggest win in franchise history.

Drained after an emotional overtime triumph that set off celebrations all across the city, Payton joined family and friends for dinner downtown and then relaxed in a hotel.

"There was just so much emotion," Payton said yesterday at the team's suburban training centre, adding that he was happy his family could be a part of the experience.

"For them to have a chance to be part of it I

think it makes it really special," Payton continued. "Obviously, the same goes for this upcoming game."

The upcoming game happens to be the first Super Bowl involving the Saints in the franchise's 43 years of existence.

This is only the ninth winning season the club has had.

The 31-28 overtime victory over Minnesota on Sunday night marked the first time the Saints had hosted an NFC champi-

onship game. So when it was over, fans in the Louisiana Superdome and residents of a city that already acts on any excuse for a party spilled into the streets and toasted the Saints' success.

Bourbon Street was mobbed with revellers in Saints jerseys letting out high-pitched howls of delight and stirring up impromptu chants of "Who dat say dey gonna' beat dem Saints!"

"It was crazy. It was almost like Mardi Gras," said Saints' corner back Tracy Porter, who would know because he grew up in south Louisiana.

THE ASSOCIATED PRESS

Sports in brief

NBA The New Orleans Hornets traded starting shooting guard Devin Brown to the Chicago Bulls for backup seven-foot centre Aaron Gray. Brown, 31, has played in 39 games for New Orleans this season, starting all but two games. He is averaging 9.7 points per game and shooting 37 per cent from three-point range.

MLB The Kansas City Royals are reshaping their entire outfield and making Jose Guillen their full-time designated hitter. While introducing newcomer Rick Ankiel yesterday, general manager Dayton Moore said the injury-prone Guillen would be replaced in right field by David DeJesus, last year's left fielder.

METRO NEWS SERVICES

Big Baby decides to drop nickname

Boston Celtics forward Glen (Big Baby) Davis is looking to erase his troubled past this season and hopes to start by first dropping his nickname. Davis was recently fined \$25,000 US for directing inappropriate language at a fan during a game against Detroit last Wednesday. **THE ASSOCIATED PRESS**

sports **13**

Vikings ponder Favre-less future

One after another, the Minnesota Vikings mentioned how much they enjoyed playing with Brett Favre.

Will the fun be one season and done?

The devastated Vikings gathered yesterday at their practice facility for exit physicals and meetings with coaches, two weeks sooner than they hoped thanks to that epic overtime loss in New Orleans for the NFC championship.

Despite all the other intriguing in-game developments and off-season story lines, the day-after focus fell on the 40-year-old Favre's future. He didn't appear in the locker-room at Winter Park while it was open to reporters, but his demeanour after the game and responses from teammates suggested he's leaning toward quitting.

For now.

"In a situation like this I really don't want to make a decision right now based on what's happened, because I do know the year could not have gone any better aside from us not going to Mia-



Minnesota Vikings quarterback Brett Favre walks off the field Sunday after the Vikings lost 31-28 in overtime to the New Orleans Saints in the NFC championship game at the Louisiana Superdome.

mi," Favre said Sunday night at the Superdome. "I really enjoyed it, to be honest. Just wondering if I can hold up, especially after a day like today."

He took a beating by the Saints, and the ankle injury he suffered in the third quarter was another reminder of how draining the game has been for him

mentally and physically down the stretch of his 19-year career.

"From a physical standpoint I feel for him, but definitely mentally and emotionally as he always does he lays it on the line and gave it everything he had," linebacker Ben Leber said. "I truly wish we could have him back next year, but

that will be his decision."

Leber sounded resigned to losing Favre to retirement, though the NFL's all-time leading passer is so famously prone to waffling over his decision he could always find a renewed desire to return for more after a break from the grind.

"It's still early. Way too early. Brett is liable to

Pat Williams

• Vikings defensive tackle Pat Williams said yesterday he's "50-50" on whether he'll return for the final year of his contract. At 37, Williams is the second-oldest player on the team behind 40-year-old Brett Favre.

• Williams was the anchor of a defence that gave up the fewest yards rushing in the league for three straight seasons starting in 2006.

change his mind five, 10 times down the road," wide receiver Bernard Berrian said.

"He already knows that we want him back. It's more or less letting him go off and do his thing."

Without prompting, player after player brought up how fun Favre was to play with. Respectfully, they declined to speculate about his decision, but the consensus was that he can take all the time he needs even if it means skipping training camp again.

THE ASSOCIATED PRESS

Henin reaches semifinals

AUSTRALIAN OPEN Former No. 1-ranked Justine Henin reached the semifinals in her Grand Slam comeback, beating Nadia Petrova 7-6 (3), 7-5 early today to take out the last seeded player in her half of the Australian Open draw.

Henin, unranked and playing on a wild-card entry at Melbourne Park, went down a break in the second set before finding the range with her powerful groundstrokes and winning seven of the next nine games to finish off No. 19-seeded Petrova.

"I just went for it with my heart. Finally I could make it, and I'm very happy," Henin said. "At the end I played much more aggressive tennis. I didn't want to go to the tiebreaker. I wanted to close out the match."

The 27-year-old Belgian beat Petrova on Jan. 4 at the Brisbane International in her first match back on tour after almost 20 months in retirement.

Henin reached the Brisbane final, where she lost in three sets to fellow Belgian Kim Clijsters.

THE ASSOCIATED PRESS

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Olympic champion speedskater Marianne Timmer failed to qualify for the Vancouver Games yesterday and won't get a chance to defend her 1,000-metre long-track title next month. In a three-way skate-off, the 35-year-old Dutchwoman could only manage third place. **THE ASSOCIATED PRESS**

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Yzerman keeps eye on players' injuries

Team Canada roster features growing infirmity list

These are the truly anxious moments for Steve Yzerman.

Since he unveiled Team Canada's line-up at the end of December, the executive director has seen Marc-Andre Fleury, Brenden Morrow, Dan Boyle, Patrice Bergeron and Ryan Getzlaf miss games because of injury.

Even though all 23 of his original picks are still expected to be in Vancouver next month, Yzerman knows that could change on any given night. He's found it a tad difficult to relax while waiting for the Games to start, especially given that something bad could happen to one of his players in the meantime.

"Just sitting between announcing the team and (the time leading) up to the Olympics is the most difficult part," Yzerman told The Canadian Press in a recent interview. "There's not a whole lot you can do at this point. You're sitting wondering if you've got injured guys, how are they going to be? I'm just watching guys play."

While Bergeron (broken



Bruins centre Patrice Bergeron, who was named to Canada's Olympic squad, recently returned from a broken right thumb.

right thumb) and Getzlaf (leg) have both returned to action, the other three players were on the sidelines at the end of last week.

Injuries could play a big role in these Olympics because teams won't be carrying a taxi squad like they did four years ago in Turin. Each country will register

its final 23-man roster Feb. 15 — the night before the tournament begins — and no one else will be eligible to suit up at the event.

As a result, teams will be reluctant to bring any players with nagging problems that might be easily aggravated in Vancouver. Yzerman and his Olympic man-

Fast approaching

- The NHL shuts its doors for the Olympic break Feb. 14, leaving teams with between eight and 11 games to play before Team Canada faces Norway in Vancouver Feb. 16.

agement group have been sure to monitor each situation as closely as possible.

There's reason to believe this Canadian Olympic squad might have more success on the scoresheet than the 2006 version.

A number of the team's players have been hot of late, with Pittsburgh's Sidney Crosby leading the way last week by scoring eight points in three games. That included a six-point night against the Islanders on Jan. 19 to match his career high for a game.

It was also a good few days for Eric Staal, who has scored five goals in three games since replacing Rod Brind'Amour as captain of the Carolina Hurricanes. He'll be one of nine Canadian players at the Olympics who captains an NHL team.

THE CANADIAN PRESS



Canadian freestyle skier Jennifer Heil smiles during the announcement of the Canadian freestyle skiing team yesterday.

'There has to be that kind of disappointment to make it great'

FREESTYLE It has been said Canada has the depth in men's hockey to field two teams at next month's Olympics.

The same could be argued when it comes to the country's 18-member Olympic freestyle ski team, which was officially announced yesterday with several world-class athletes notably absent.

"As much as it's difficult, that's what makes this great, that it's not easy," said Canadian Freestyle Ski Association CEO Peter Judge of making the Olympic team.

"If it were easy, then everybody would be doing it. There has to be that kind of disappointment to make it great, and that's what makes this such an honour."

With the addition of ski cross to the Olympics this year, the already fierce competition for spots on the Canadian freestyle ski team became all the more crowded.

Of the 18 athletes who will represent Canada in Vancouver, seven will com-

pete in ski cross, seven in moguls and four in aerials.

One athlete from each discipline — Ashleigh McIvor in ski cross, Jennifer Heil in moguls and Steve Omischl in aerials — was pre-selected prior to this season for the Games. That left 15 spots up for grabs using a complex scoring system to classify athletes from three very different sports onto one master list.

In ski cross, Canada has the second, third and fourth-ranked women in the world in Julia Murray of Whistler, B.C., Kelsey Serwa of Kelowna, B.C., and McIvor, also of Whistler. On the men's side Chris Del Bosco of Vail, Colo., is ranked third in the world and Calgary's Stanley Hayer is the defending X-Games champion.

Among those left off the team are ski crosser Davey Barr of Whistler, who finished third at the 2009 world championships, and men's aerialist Ryan Blais of Grande Prairie, Alta., who came up just short for the second Olympics in a row.

THE CANADIAN PRESS

Snowboard team mixes youth, experience

TEAM CANADA Four years ago, a 13-year-old Palmer Taylor was on the edge of her sofa watching the world's best snowboarders attack the Olympic halfpipe on TV.

During next month's Vancouver Winter Games, she's going to be much closer to the action as Canada's youngest snowboarder.

Taylor, now 17, has joined a team of riders that Canadians will be counting on to produce Olympic hardware.

The 18 riders — 10 men and eight women from the sport's three disciplines — were formally introduced Monday in Quebec City.

Inside the halfpipe, Tay-

lor will join Olympic veterans Sarah Conrad of Dartmouth and Mercedes Nicoll of Whistler, B.C.

Taylor, a member of the national development team, can't wait to challenge her heroes on the ice walls of the superpipe.

"My dad, he had his arm around me and I was like, 'Dad, I want to do that,'" recalled Taylor, who watched the 2006 Turin Games at her family's home in Collingwood, Ont.

"And what do you know? Here I am now."

The Canadian snowboard team will bring a

mix of experience and youth to the Olympics. It will also carry some lofty medal expectations.

World No. 1 Maëlle Ricker of West Vancouver, and second-ranked Dominique Maltais of Petite-Rivière-St-François, Que., will lead the way in snowboard cross, a bruising, high-speed event.

Maltais won Canada's only snowboard medal in Turin, where she captured the bronze.

Members of the men's boardercross team could also climb the podium in Vancouver.

The deep squad includes

No. 4-ranked Robert Fagan of Squamish, B.C., Mike Robertson of Canmore, Alta., Francois Boivin of Jonquière, Que., and 35-year-old snowboard-cross warrior, Drew Neilson of North Vancouver.

Jasey-Jay Anderson of Mont-Tremblant, Que., the defending world champion in parallel giant slalom, returns to the Games for the fourth time. He will be gunning for his first Olympic podium.

Michael Lambert of Toronto, ranked No. 4 in the world, and Matthew Morison of Burketon, Ont., round out a strong men's alpine team that could also challenge for medals.

THE CANADIAN PRESS



Palmer Taylor

Flag-bearer will be named Friday

CEREMONY The athlete who will lead the Canadian team into B.C. Place during the opening ceremony at the Vancouver Olympics will be revealed Friday.

The Canadian Olympic Committee will announce the flag-bearer for the Vancouver Games in Richmond, B.C.

Possible candidates include long-track speedskater Clara Hughes, bobsled pilot Pierre Lueders,

hockey player Hayley Wickenheiser, visually impaired cross-country skier Brian McKeever and speedskater Jeremy Wotherspoon.

Hockey player Danielle Goyette was Canada's flag-bearer at the 2006 Turin Games.

The selection of the flag-bearer begins with the different sports federations recommending candidates.

THE CANADIAN PRESS

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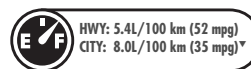


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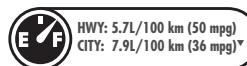


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U.S. newborns are arriving a little smaller, says puzzling new Harvard research that can't explain why. The average birth weight of full-term babies is just under 7 1/2 pounds, a drop of about 1.8 ounces. **THE ASSOCIATED PRESS**

Health & Beauty

The roles of attraction: looks vs. personality

The J Spot

Josey Vogels

metronews.ca/thejspot

"Cute is good. But cute only lasts for so long and then it's, 'Who are you as a person?'"

Michelle Obama

An online dating website that recently expelled 5,000 members, including 500 Canadians, because they no longer met the site's beauty standards has — not surprisingly — met with a lot of criticism.

Frankly, given the unapologetic and blatantly provocative response from the site's management, I think the whole thing reeked of a publicity stunt so I don't care give them any more free publicity by naming the site.

But, stunt or no stunt, it did raise the question about how honest we are when it comes to the importance of looks when it comes to meeting people.

While most guys in my own very unofficial survey admitted that looks matter, most at least tried to pretend that what attracts them physically to a woman went beyond the superficial, with several citing "a woman's eyes" as the first thing that draws them in. Hands came in a close second.

"They're lying," countered one of the many women I asked who cited "sense of humour" as what turned her crank.

That's right, because looks are only more important to men. "Oh, and a developed upper body, of course," she added. Bingo.

Another male respondent pointed out that both eyes and a sense of humour are ridiculous answers.

"What am I going to say? 'Man look at that woman across

the street, great eyes, and what a funny hat, she must have a great sense of humour."

Okay, so maybe we're all lying to ourselves. Looks do matter.

Still, when pressed, most people will tell you that, when it comes to attraction, looks might get your foot in the door, but if they don't like what greets them once they get inside, they're just as likely to turn around and walk back out.

As American First Lady Michelle Obama told Glamour magazine when they asked her for dating advice, "Cute's good," she said. "But cute only lasts for so long and then it's, 'Who are you as a person?'"

Ultimately, when it comes to lasting relationships, having similar morals, values, world views and goals in life play a way bigger role than physical attraction.

In fact, given the importance of all this other stuff, physical attraction seems like a pretty misguided and unreliable starting point when it comes to finding a mate.

Maybe I should start should start my own exclusive dating site for the rest of us.

What do you think? average-looking people with lots of other great stuff to offer.com?

No beautiful people allowed.

How important are looks are to you when it comes to attraction? Comment online by clicking on The J Spot at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Medical maggots matter

Inching back the red tape on production

CELIA MILNE
for Metro Canada

Medical maggots have been making a comeback. But it bugs wound clinicians that Canadians can't get access to maggots the way Americans can.

Creepy as it sounds, maggots are actually very helpful in treating serious wounds. They eat dead tissue and destroy bacteria, while leaving healthy tissue untouched.

For people who are facing the horror of possible amputation, maggots can be a practical, inexpensive and efficient solution.

"Most patients with chronic, draining, stinking, limb-threatening wounds, often having already suffered weeks or months with them, recognize that 48 hours or more of maggot therapy is much less 'icky' and scary than their wounds," says Dr. Ron Sherman, director of Monarch Labs in Irvine, California, which supplies maggots to hospitals in Canada and the U.S.

In order to be effective, maggots must arrive at the bedside starving and be used right away. So timing is crucial.

But here's the snag. Health Canada recently reclassified maggots as "drugs" instead of "devices," and this has slowed to a crawl the process of getting them across the border.



Think of these wriggly little creatures not as, well, gross, but as a miniature surgeon. Maggots are making a medical comeback, cleaning out wounds that just won't heal.

"In order to be effective, maggots must arrive at the bedside starving and be used right away. So timing is crucial."

Until last year, it took about 24 hours for them to arrive. But it can now take up to three weeks, according to Christine Pearson, a B.C. nurse and board member of the Canadian Association of Wound Care, who spoke to the Canadian Medical Association Journal about the issue.

"The problem with shipping

maggots is that they are not only live, but highly perishable. They can not be fed during their journey, or else they will no longer be 'hungry' and effective upon arrival at the bedside," says Sherman.

Maggots are approved by the U.S. FDA but not Health Canada. No company in Canada can manufacture or market maggots until a large clinical trial is done here, but funding is scarce and bureaucratic red tape is abundant, according to Sherman.

Monarch has been sending medical maggots to Canada for 18 years. Last year, they received about 50 orders for maggots, by clinicians in Alberta, British Columbia, New

Brunswick, Nova Scotia, Ontario and Quebec. But with the new rules, reported Pearson, ordering maggots is a big hassle for Canadian doctors and nurses.

The best solution would be to set up a maggot-producing laboratory in Canada, says Sherman, and thereby cut down on the delays and frustrations of importing creepy, crawly insects across the border.

Monarch Labs is actively seeking research funding to do Canadian clinical trials of medical maggots.

Then, Monarch would request marketing clearance "if the results are anywhere near as favourable as they have been in the U.S. studies," he adds.

Snowshoeing breaks a serious sweat

CELIA MILNE
for Metro Canada

ACTIVITIES Looking for a way to get in shape this winter? Try snowshoeing: it's easy and fun, and it'll burn more than 500 calories per hour. Snowshoes are now light-weight and can be purchased for men, women or children. They generally cost anywhere from \$80 to \$300, and are easy to transport.

Dressing for snowshoe-

ing is similar to dressing for a winter run or cross-country skiing. You will be very warm when you are in motion, but need to have layers handy to put back on when finished. You should wear comfortable — not too bulky — footwear such as hiking boots, and you may want to purchase a pair of gaiters to keep your ankles dry. Most people like to snowshoe with ski poles for support, but it is not absolutely necessary.



Snowshoeing is a great way to stay in shape in winter.

Snowshoes have teeth or grips built in so that you can trek up and down hills without slipping. The best fun is snowshoeing with a group. Take your dog along too!

Snowshoeing can be an all-day affair or a quick walk in the park. You can start in your own backyard and then venture further into snowy forests and meadows.

For a list of parks across Canada, go to out-there.com.

New breakfast option

Starting this week Tim Hortons adds English muffin breakfast sandwiches to its morning menu. To celebrate this introduction, participating restaurants are offering all hot breakfast sandwiches for a limited-time price of \$1.99. **METRO NEWS SERVICES**

**17**

Food



Yogurt cheese cuts calories

Savvy dieters know the value of yogurt cheese. Made by straining yogurt until it's thick and spreadable, yogurt cheese offers the satisfaction of cream cheese without all the calories. Loblaws has built on this simple idea. Its new Blue Menu yogurt spreads are convenient. The spreads are launching in early February. Price: \$2.50 for a 227-gram tub. **TORSTAR NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Liquid Assets

Peter Rockwell



metronews.ca/liquidassets

A perfect start

Would you like something to drink while you look at the menu?

I used to hate that question, especially when it's served-up on my first visit to a restaurant. My waiter will let me spend as much intimate time as I want with the appetizer list, but always seems to think I know everything they've got behind the bar without looking.

I found the liquid answer on my first trip to Italy. Most Italians will start a fine meal with **Campari** (\$24.70 - \$26.99) - a bright red aperitif invented in Milan back in 1860. Made from a secret blend of 60 herbs, spices and neutral spirit, it's considered a bitter.

Though that bitterness becomes all too apparent if you drink it straight, mixing one ounce with two ounces of soda water (over ice) reveals Campari's palate cleansing properties. That combination makes for a great after dinner digestive as well. Substitute the soda with orange juice and you've got a perfect beverage for brunch.

Now just in case you don't think booze from the 19th century can't be hip in the new millennium; look for the close-up of a bottle of Campari early on in Lady Gaga's Love-ga-me video.



Personal Gourmet recipe of the month

ROSE REISMAN

Rich, fresh flavours



Rose Reisman's Potato Corn Chowder.

Potato Corn Chowder

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk, and you'll be surprised at how creamy and rich the soup tastes. Charring the corn gives the soup a fresher flavor.

SERVES 4

INGREDIENTS:

- 2 cups corn niblets (canned or fresh)
- 1½ tsp vegetable oil
- 1 cup chopped onion
- 1½ tsp finely chopped garlic
- ½ cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2½ cups chicken stock
- ½ tsp hot chili sauce (or finely chopped jalapeño pepper)
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 Tbsp chopped parsley

METHOD:

1. Lightly coat a nonstick skillet with cooking spray and set over medium heat. Sauté the corn for about 8 minutes, stirring often or just until lightly browned. Purée half of the corn in a small food processor. Combine the puréed corn with the whole corn in a small bowl and set aside.
2. Add the oil to a large, nonstick pot and set over medium heat. Add the onion and garlic and sauté for about 4 minutes. Add the red pepper and sauté for another 2 minutes. Add the potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 minutes or until the potato is tender.
3. Whisk together the flour and milk in a small bowl and gradually add to the soup. Add the salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Garnish with parsley.



Rose Reisman's Tex Mex Chili.

Tex Mex Chili

PREP TIME: 15 MINUTES

COOK TIME: 25 MINUTES

This is a great, lighter chili typically served in the Southwest. Using chicken rather than beef reduces the calories and fat. Dusting the chicken with flour maintains the moisture. Aged cheddar is the perfect accompaniment. Add diced avocado to the list of garnishes if you like. **SERVES 6**

INGREDIENTS:

- 12 oz skinless boneless chicken breasts (about 3 breasts), diced
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 1 cup canned corn, drained
- 2 tsp finely chopped garlic
- 1 1/2 cups canned black beans, drained and rinsed
- 2 1/2 cups tomato sauce (or store-bought spaghetti sauce)
- 3/4 cup chicken (or beef) stock
- 1 Tbsp chili powder
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1 1/2 tsp seeded and finely chopped jalapeño pepper (or 1½ tsp hot chili sauce)
- pinch of salt and pepper
- 1/4 cup chopped cilantro

Comfort without calories!

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

or parsley

- 1/2 cup shredded aged light cheddar cheese
- 1/4 cup low-fat sour cream

METHOD:

1. Place the chicken and flour in a bowl and toss to coat. Lightly coat a nonstick saucepan with cooking spray, add 1 tsp of the vegetable oil and set over medium heat. Sauté the chicken for 5 minutes or until it is lightly browned on all sides, but do not cook through. Set aside.
2. Re-spray the same saucepan, add the remaining vegetable oil and set over medium heat. Add the onion and cook until soft, stirring frequently, about 5 minutes. Stir in the corn and garlic and continue to cook and stir for 5 minutes or until the corn is browned.
3. Stir in the beans, tomato sauce, stock, chili powder, basil, oregano, jalapeño, salt and pepper.
4. Bring to a boil, reduce the heat and cover. Simmer for 15 minutes. Add the diced chicken and simmer, uncovered, for 5 minutes or until the chicken is just cooked through and the chili thickens. Serve the chili in bowls, and garnish with cilantro, cheese and sour cream.

High protein, potassium-rich snack for those afternoon cravings

Peanut Butter Banana Muffins

INGREDIENTS:

- 125 ml (1/2 cup) unsalted butter
- 75 ml (1/3 cup) peanut butter
- 300 ml (1 1/4 cups) all-purpose flour
- 125 ml (1/2 cup) whole

wheat flour

- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) baking soda
- 175 ml (3/4 cup) granulated sugar
- 2 eggs
- 250 ml (1 cup) very ripe mashed bananas, about 2 large

- 10 ml (2 tsp) vanilla
- 75 ml (3/4 cup) unsalted peanuts, chopped

METHOD:

1. Preheat oven to 190 C (375 C). Lightly spray or grease 12 muffin tins.
2. In a small saucepan, melt butter over medium heat. Whisk in peanut butter. Pour into a large bowl

to cool. In a medium bowl, place flours, baking powder, cinnamon and baking soda. Whisk together, ensuring there are no lumps.

3. Stir sugar into cooled peanut butter mixture. Then stir in eggs until completely blended. Stir in bananas and vanilla. Gradually add flour mixture, stirring just until com-

bined.

4. Spoon into muffin tins. Sprinkle with peanuts, gently pushing into batter. Bake in centre of preheated oven until golden and a skewer inserted in centre comes out clean, 16 to 18 minutes.

5. Remove muffins from pan to a rack to cool.

THE CANADIAN PRESS



Peanut Butter Banana Muffins.

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Keef quits drinking

Keith Richards has given up alcohol. The Rolling Stones guitarist — who is known for his hellraising lifestyle — hasn't downed a drink in four months, despite previously claiming he would never become teetotal. FEMALEFIRST.CO.UK

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Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

**Johnny's alive**

Johnny Depp's rep was forced to confirm that the Pirates of the Caribbean star is alive and well after a rumour swept Twitter over the weekend claiming Depp had died in a car crash in France. **METRO WORLD NEWS**

Prop 8 doc protest-free

No Mormon opposition at Sundance screening

Despite rumoured anti-gay protests, a Sundance Film Festival documentary about the Mormon church's role in a 2008 California political battle over gay marriage played to a friendly audience on Sunday in Park City.

Only about two dozen gay marriage activists chanted — "Separate, church from 8" — in a parking lot outside the premiere of 8: The Mormon Proposition.

The film by Reed Cowan, a former Utah Mormon, contends that the locally based Church of Jesus Christ of Latter-day Saints was the driving force behind Proposition 8.

The ballot initiative reversed an earlier court decision that legalized gay marriage. Before the screening, festival director John Cooper had said he expected a small, but loud, group of "haters," might picket the film, but doubted that Mormon church members would be among them.

"It's not really the Mormon style," said Cooper, who is gay and married his partner of 20 years last year during the window



Directors Steven Greenstreet, left, and Reed Cowan have brought their documentary 8: The Mormon Proposition to the Sundance Film Festival in Park City, Utah.

Sundance Film Festival

between the court ruling and election day.

A Utah-based anti-gay equality group, America Forever, sent out 80,000 faxes on Friday denouncing the movie, its makers and the festival on Friday. Internet chatter among other anti-gay groups had also hinted they might come to Sundance, activist Eric Ethington said.

Mormon church officials have consistently called for a polite, respectful dia-

"It might be interesting to go down and sit at the Mormon church and engage in a dialogue."

Moviegoer
Carolyne Simpson

logue on the issue.

The church has actively fought marriage equality legislation across the U.S. since the early 1990s.

The movie made one moviegoer — Carolyne Simpson of San Diego — want to engage in a productive dialogue. Simpson, who isn't Mormon, said she supports gay marriage.

"What I come away with is that it might be interesting to go down and sit at the Mormon church and engage in a dialogue, and say, 'Tell me what you believe and here's what I believe,'" the 65-year-old said. "This is the time we should be talking to each other." **THE ASSOCIATED PRESS**

U.S. in denial about JFK killing: Stone

CONSPIRACY THEORY

Hollywood filmmaker Oliver Stone said yesterday the United States remains in denial over the possibility that someone other than Lee Harvey Oswald could have assassinated John F. Kennedy, calling it a "national fairy tale."

Speaking to 300 high school students in the Thai capital, Bangkok, Stone said exploring alternative theories over the JFK assassination remains too sensitive for those in the media or academia.

"To this day, many key Americans in power are in total denial about this story," Stone said.

THE ASSOCIATED PRESS

Company Men looks at recession

SUNDANCE The recession has hit Ben Affleck. He's out of work, saying goodbye to his beloved Porsche, losing his home, stuck moving back in with his parents.

Affleck stars in The Company Men, a Sundance Film Festival premiere in which he plays a man who loses all the material wealth he has accumulated when his high-paying job as a sales executive is eliminated in a round of cutbacks at his firm.

His character learns, like many unemployed Americans, that along with the stuff, he has lost a big part of his identity when his job goes away.

"It's sort of an existential crisis," Affleck said. "This sort of shame and difficulty



Ben Affleck stars in The Company Men which premiered at the Sundance Film Festival.

in saying, 'Well, what am I? Well, I'm not really this. I can't really say I'm X if I'm not making money at it.'"

The Company Men is kind of the flipside of

George Clooney and Jason Reitman's recession tale Up in the Air.

In the latter, Clooney plays the hitman, the guy who goes around firing people at downsizing companies. The Company Men centres on the people losing their jobs.

"I tell people who ask me about it that, if you were interested in those people that Jason Reitman interviewed and put into the film who really lost their jobs, that this movie begins as they walk out of that room. This movie is really about what happened to those people," said John Wells, the man behind ER who makes his feature-film writing and directing debut on The Company Men.

THE ASSOCIATED PRESS

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MOVE IN BONUSES & RENT INCENTIVES

Julia Roberts is the new face of Lancome. The Duplicity actress is thrilled to have landed the slot in the luxury beauty brand's advert and admits fronting the skincare line has been a long-running "dream" of hers. **METRO NEWS SERVICES**

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Producer Timbaland says "I Love Nickelback."

In defence of Nickelback

Hip-hop and R&B producer Timbaland has joined a small group of music hit-makers who have publicly pledged support for one of the world's most-maligned bands, Nickelback.

Coldplay's Chris Martin raised some eyebrows during an interview in 2008 when he said he had "nothing but respect" for the Canadian band and added, "I think they're great."

Now Timbaland has praised the band that so many music fans have condemned.

Despite Nickelback's stellar track record of CD sales, and a recent "band of the 2000s" honour bestowed by Billboard magazine, the group continues to get little respect from critics and music aficionados.

But when Timbaland — whose real name is Timothy Mosley — drew up a short list of artists he wanted to work with on his latest album, *Shock Value II*, he thought of Nickelback frontman Chad Kroeger.

The album also includes collaborations with fellow Canadians Drake and Nelly Furtado and other music superstars including Justin Timberlake and Miley Cyrus.

Timbaland sought out Kroeger for the track *To-*

morrow in the Bottle and got a "very easy" yes, he said.

"I just love Nickelback's music," he said.

"That's why I reached out to Chad."

As for working with Drake, Timbaland said he sent the young rapper a track based on "his voice, his tone."

"It just sounded like his type of style," Timbaland said of the music behind "Say Something," which Timbaland also raps on.

Timbaland said it's hard to pinpoint exactly how Drake became one of the biggest stars in hip hop so quickly, based on the strength of just a few mixtapes and no major-label albums.

"Everything is timing, maybe it was the right timing, he popped up at the right time," he said.

THE CANADIAN PRESS

Crazy ideas drive OK GO

BRYAN BORZYKOWSKI
for Metro Canada

When OK GO uploaded a now wildly popular video (49 million and counting) for Here It Goes Again three-and-a-half years ago, they had no idea how popular it would become. "It's weird," says frontman Damian Kulash, still sounding a bit surprised by the popularity of his

treadmill-dancing clip.

The Los Angeles-based foursome didn't set out to create one of the most talked about videos of the last decade, in fact, they don't consider their music video a video at all.

"Music videos used to be commercials for rock bands and labels who were trying to sell stuff," says Kulash. "Now that MTV is largely not playing videos, there's no reason to think of the mu-



OK GO's latest is a combination of soul, R&B, rock and pop.

sic video as we used to."

For OK GO, making videos is "an opportunity to create the craziest ideas," says Kulash, something they can't do in a more rigid recording environment.

It also gives them the chance to play with the tunes. Unlike most videos, the band doesn't necessarily perform to its original track. In the YouTube clip for *This Too Shall Pass*, a tune off the group's new album *Of the Blue Colour Of The Sky*, the band incorporates an entire marching band and singing children — that's not on the CD version of the song.

"Why does a music video have to look like a car commercial," asks Kulash.

"Why should it even be the same

length as the song?"

Kulash says making his videos — most of which are even more creative and entertaining than *Here It Goes Again* — is when he can be at his most creatively ambitious. And while they do have to get financing for some of the videos ("not all can be for \$5," he says) for the most part the band is able to do what they want.

But, judging from the recent disc, there aren't many restrictions on what they can record either. The group's third record is an ambitious combination of soul, R&B, rock and pop — on opener *WTF* Kulash does a pretty good Prince impression. It's a departure for the usually rock heavy group, but after years of touring with their amps turned up, it's hard to blame them for wanting a change.

"Whatever engines we had in that direction burned out a bit," Kulash explains. "I tried going into the garage and turning up my amps and impressing myself with a catharsis of volume, but it just wasn't there."

Kulash grew up listening to a lot of R&B and Prince, so when the rock 'n' roll dried up, he turned to his other favourite genres for inspiration. "I got back to my influences that were older and deeper," he says.

And that's reinvigorated the band, says the singer. "It's more alive for us because it doesn't feel like we're beating out songs again."

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DVD picks

Michael Jackson's This Is It

Director: Kenny Ortega
Michael Jackson

DOES THE UNUSUAL docu-concert movie *This Is It* have anything to offer folks who aren't confirmed fans of Wacko Jacko? Can anything of real value be expected from the filmed record of rehearsals for Michael Jackson's concert series that had been scheduled to begin last July at London's O2 Arena?

Yes and yes.

MJ fans will love the swirling, fast-cut images of Jackson performing his greatest hits in energetic — even athletic — style. *Beat It*, *Billie Jean* and *Thriller* are given the full production treatment. There is also plenty of time devoted to *Wanna Be Startin' Somethin'* and *Smooth Criminal*.

But anyone curious about the man himself — and who isn't? — and the state of his mind and body before his untimely death

from heart failure at age 50, will find lots of interest in *This Is It*.

Kenny Ortega, Jackson's longtime collaborator and creative director, shows us an MJ we haven't seen before. It's Michael Jackson unvarnished, the wizard behind the curtain and the man-child in the mirror, and it's fascinating to behold. He's as tough as Frank Sinatra with his perfectionistic demands, brooking no dissent as he puts dancers and musicians half his age through their gruelling

paces. But he's also as fragile as Judy Garland, as is evident on the moving ballad *Human Nature*.

The film was culled from more than 100 hours of high-definition rehearsal footage, shot from March 2009 up to the hours before Jackson died on June 25, and lensed mainly at the The Forum and Staples Center in Los Angeles, where Jackson had been putting in full days of work for weeks.

This Is It delivers an emotional wallop; there's

an undeniable sadness seeing it and knowing it's the show he never gave and never will.

Extras include expanded *Thriller* and *Smooth Criminal* rehearsals and several making-of and Jackson remembrance featurettes.

Peter Howell/for Metro Canada

On the web

Also on DVD:

- Read Metro's review of *Surrogates* at metronews.ca/movies



Soap star Mitchell dies at 89

Soap opera star James Mitchell, who for 30 years entertained All My Children fans as tycoon Palmer Cortlandt on the popular ABC daytime show, has passed away at the age of 89. **THE ASSOCIATED PRESS**

Charlie Wilson bounces back

Formerly down-on-his-luck R&B star tapped for two Grammy awards

Over the years, the Grammys have served as a backdrop for heart-tugging comeback stories. If Charlie Wilson should win either one of the awards he's up for on Sunday, it may mark one of the more unusual — a successful resurgence after a series of setbacks, including spending two years homeless.

"People really don't know how I laid in the streets," Wilson said. "From that to this, I cried when they told me I had a Grammy nomination. It still doesn't seem real to me, because so many doors have been shut on me so many times... Everything was derailed."

Wilson, nominated for best R&B album for Uncle Charlie and best male R&B vocal performance for There Goes My Baby, has one of the most recognizable voices in R&B. His crisp tenor anchored hits like



R&B star Charlie Wilson has gone from sleeping on the streets to two Grammy Award nominations.

Catch the Grammy Awards this Sunday

Outstanding and You Dropped the Bomb on Me as lead singer of the Gap Band in the early 1980s. The group, which included brothers Ronnie and Robert, were among the top R&B acts in the nation.

But Wilson says the Gap

Band hit a roadblock in 1986 when they asked to split their publishing deal with their manager. Wilson claims the manager dropped them and then had them blackballed in the industry, threatening anyone who tried to sign them since the group was still under contract with him.

"I couldn't bounce back from that," he said. "Everywhere we went, he ran interference. He threatened people. It was a sad situation. Drugs came a lot more. My brothers and I weren't getting along that well."

Slow cash flow and a cocaine and alcohol addiction drove Wilson to become homeless, as he slept in the alleys of Los Angeles' famed Hollywood Boulevard between 1993 and 1995.

Some of the homeless who knew of the singer took care and protected him, finding him food and building a place for him sleep. He used a brick for his pillow, cardboard for a bed and shopping carts to surround him.

Outside of his homeless friends, Wilson didn't want to be seen by anyone else. During the daytime, he would hide away from the public until dark.

"It was horrifying," he said. "When the sun came up, I ran like Dracula. I tried my best to hide."

THE ASSOCIATED PRESS

Hurt Locker tops at Producer's Guild

AWARDS The Hurt Locker scored the top film award from the Producers Guild of America, building new momentum for the Iraq war drama in the expanded Oscar race for best picture. The film about a risk-taking bomb disposal technician beat out such celebrated nominees as Avatar, Inglourious Basterds and Up in the Air.

The Hurt Locker, starring Jeremy Renner and directed by Kathryn Bigelow, also bested the films Star Trek, District 9, An Education, Invictus, Up and Precious: Based on the Novel Push By Sapphire at Sunday's Producers Guild Awards at the Hollywood Palladium, the latest kudofest in the run-up to the Academy Awards in March.

Assuming The Hurt Locker earns an Oscar best-picture nomination Feb. 2, it will have just as much competition as it did at the PGAs, which followed Oscar organizers lead and doubled the best-picture category to 10 nominees, aiming to bring a broader range of movies into the

fold, which means a blockbuster could take the top category.

In other PGA film categories, Up won for animated feature and The Cove was lauded for documentary. The Harlem drama Precious: Based on the Novel Push By Sapphire was honoured with the Stanley Kramer Award, a prize named after the late director that recognizes work which explores and addresses provocative social issues. Four television shows were repeat winners from last year: AMC's Madmen for drama TV; NBC's 30 Rock for comedy TV; Comedy Central's The Colbert Report for live entertainment and competition TV; and CBS' 60 Minutes for nonfiction TV. HBO TV film Grey Gardens snagged the prize in the long-form TV category. Career achievement awards were bestowed on Sony Pictures chairman Michael Lynton and co-chairman Amy Pascal; Walt Disney and Pixar Animation Studios chief creative officer John Lasseter. **THE ASSOCIATED PRESS**

Coleman busted for skipping court

LAW Actor Gary Coleman has been arrested on a warrant for failing to appear in court, police said. The 41-year-old former Diff'rent Strokes actor was booked into the Utah County Jail Sunday, said Santaquin police officer Shawn Carter.

He said that he didn't have details on the warrant or know if Coleman was still being held. He said more information would be released later. The Salt Lake Tribune reported that Utah County Jail records show he was arrested after police received reports of a disturbance at his home.

THE ASSOCIATED PRESS



Gary Coleman

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ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/26/10	2	CFRN	239	318	etalk	Access H.	Lost "The Incident"	American Idol (HDTV) (N)	Lost "The Incident"	CTV News		
	3	KHO	-	370	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser Lifting competition. (N)	Jay Leno Show		
	4	CBXT	-	307	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in Hall Comedy	CBC News: The National	The Hour	
	6	KREM	-	372	News	Access H.	The Doctors	NCIS "Jet Lag" (N)	NCIS: Los Angeles (N)	The Good Wife		
	7	CKEM	241	347	Law & Order: Special Victims	The Jay Leno Show (N)	The Jay Leno Show (N)	The Biggest Loser Lifting competition. (N)	NCIS "Jet Lag" (N)	EP Daily		
	8	CITY	240	339	ET Canada	Entertainment	The Good Wife (HDTV)	Omni News: S. Asian Edition	NCIS: Los Angeles (N)	News Hour		
	11	OMNI	-	-	King/Queens	The Simpsons	Entertainment The Insider (N)	Omni News: Cantonese Edition	Two/Half Men	Two/Half Men	Metropolis	
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment The Insider (N)	Scrubs	Better Off Ted	Lost "The Incident" (HDTV)		
	16	KAYU	-	373	The Office	Raymond	Two/Half Men	American Idol (HDTV) (N)	Human Target (HDTV) (N)	News		
	22	KSPS	-	374	PBS NewsHour (N)	Nova (HDTV) (DVS)	Frontline (HDTV) (DVS)	Wild Lives	Foot in Grave	You've Gone	Frontline (HDTV) (DVS)	Independent
	24	WTVS	-	364	Bear Island	CBC News: The National	CBC News: The fifth estate	CBC News: The National	CBC News: The National	CBC News: The National	fifth estate	
	15	CBFN	502	-	CBC News: The National	EarthWatch One	Anderson Cooper 360 (HDTV)	EarthWatch Two	Larry King Live	Cooper 360		
	21	TWN	505	398	(5) EarthWatch One	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	
	22	CNN	500	500	Larry King Live (N)	Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play	
	54	CTV	501	391	CTV News Tonight	NHL Hockey Chicago Blackhawks at Edmonton Oilers.	Skating Freestyle: Moguls 1.	Skating	Hockey Central	Flames Week	Sportsnet Connected (N)	MMA Conn
	70	BNN	504	508	Squeeze Play	Super Bikes!	Dangerous Drives (HDTV)	Pass Time	NASCAR Hub	Monster Jam (HDTV)	Super Bikes!	
	20	TSN	400	400	NHL Pregame	Super Bikes!	Dangerous Drives (HDTV)	Score Now	Score Now	Score Now	Score Now	
	23	net	408	418	MMA Conn	Super Bikes!	Dangerous Drives (HDTV)	Score Now	Score Now	Score Now	Score Now	
	42	TOON	505	545	Party Mamas	House-Sell	House-Sell	Little Couple	Little Couple	Little Couple	Little Couple	
	44	SPEED	417	406	Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)	Score Now	Score Now	Score Now	Score Now	
	94	SCORE	410	403	(6) Court Surfing	NBA news, scores and highlights.	Independence Day *** (1996, Science Fiction)	Will Smith, Bill Pullman, Jeff Goldblum.	8 Simple Rules	What I Like	Family Biz	
	9	EDUC	267	351	Alberta Primetime (Live)	To Be Indie	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	Backyardigans	Ni Hao, Kai-lan
	14	YTV	552	543	Carly	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Futurama	King of the Hill
	17	TREE	553	546	Little Bear	Johnny Test	Scooby-Doo	Total Drama	Overruled!	Han, Montana	Wizards-Place	Latest Buzz
	42	TOON	555	545	Party Mamas	House-Sell	House-Sell	Little Couple	Little Couple	Little Couple	Little Couple	Little Couple
	45	FAM	557	541	Han, Montana	Wizards-Place	Latest Buzz	Ned's School	Ned's School	Ned's School	Ned's School	Ned's School
	16	HIST	521	560	Le Cercle (SC)	La Fievre de la danse (SC)	Home Improve.	Home Improve.	Shay: This Is It	Psychic	Paranormal	Psychic Kids
	18	CMT	575	583	According/Jim	According/Jim	Home Improve.	Home Improve.	Shay: This Is It	Psychic	Paranormal	Psychic Kids
	25	A&E	615	520	Psychic Kids: Paranormal	Paranormal	Paranormal	Paranormal	Psychic	Paranormal	Psychic	Psychic Kids
	26	MMM	571	581	I Want to Work for Diddy	Entourage	Wild 'n Out	Good Eats	Restaurant Makeover	Making Mr. Right (2008, Romance-Comedy)	Dean Cain.	Drop-Diva
	29	FOOD	603	561	The F Word (N)	Trailer Park	Trailer Park	License to Drill "Paydirt" (N)	Daily Planet	Destroyed	Destroyed	License to Drill
	31	SHOW	617	522	Trailer Park	Destroyed	Destroyed	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS
	33	SLICE	601	562	Party Mamas	House-Sell	House-Sell	Superman	Dine With Me	Beauty Call	Style by Jury	Look Good
	34	W	602	567	House-Sell	House-Sell	House-Sell	Little Couple	Cake Boss	Cake Boss	Cake Boss	Little Couple
	35	TLG	521	560	18 Kids and Counting	Little Couple	Little Couple	Little Couple	Law & Order "Bad Faith"	Entourage	Entourage	Without a Trace
	36	BRAVO	620	523	(6) Diana Krall: Live in Rio	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Without a Trace
	38	SPIKE	628	584	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Entourage	Without a Trace
	39	AMC	-	-	(6) Spy Game *** (2001, Suspense)	Robert Redford.	Anticars Behaving Badly	Anticars Behaving Badly	Crime Stories	Cities of the Underworld	Discoveries	Discoveries
	41	COM	626	547	Just for Laughs	Fringe (HDTV PA) (N)	InnerSpace (N)	Stargate SG-1	The Office	Doom *** (2005)	Teen Mom	disBAND
	43	SPACE	627	528	Human Target "Rewind"	Operation Repo	Operation Repo	Operation Repo	Operation Repo	Operation Repo	Operation Repo	Operation Repo
	44	WPCH	294	650	Law & Order: Special Victims	Operation Repo	Operation Repo	Operation Repo	Operation Repo	Operation Repo	Operation Repo	Operation Repo
	46	OLN	411	457	Operation Repo	Operation Repo	Operation Repo	Operation Repo	Operation Repo	Operation Repo	Operation Repo	Operation Repo
	48	TROP	619	525	End of Leash	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp
	50	STAR	621	527	The View (HDTV) (N)	The Dr. Oz Show (HDTV)	The Dr. Oz Show (HDTV)	The Dr. Oz Show (HDTV)	The Dr. Oz Show (HDTV)	The Dr. Oz Show (HDTV)	The Dr. Oz Show (HDTV)	The Dr. Oz Show (HDTV)
	52	HGTV	600	564	Bang, Buck	Genevieve	Genevieve	Genevieve	Genevieve	Genevieve	Genevieve	Genevieve
	65	TLN	700	800	RIS - Delitti Imperfetti	Mixed Blessing	Mixed Blessing	Mixed Blessing	Mixed Blessing	Mixed Blessing	Mixed Blessing	Mixed Blessing
	92	APTN	269	350	Fish Out of	Mixed Blessing	Mixed Blessing	Mixed Blessing	Mixed Blessing	Mixed Blessing	Mixed Blessing	Mixed Blessing
	93	VISION	261	394	Quantum Leap	Quantum Leap	Quantum Leap	Quantum Leap	Quantum Leap	Quantum Leap	Quantum Leap	Quantum Leap
	100	MTV	581	566	Teen Mom "Baby Steps"	Teen Mom (Season Finale) (N)	Teen Mom (Season Finale) (N)	Teen Mom (Season Finale) (N)	Teen Mom (Season Finale) (N)	Teen Mom (Season Finale) (N)	Teen Mom (Season Finale) (N)	Teen Mom (Season Finale) (N)
	101	MTN	570	580	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG
	102	CPAC	512	396	(6:30) Primetime Politics	Primetime Politics	Primetime Politics	Primetime Politics	Primetime Politics	Primetime Politics	Primetime Politics	Primetime Politics
	103	RVA	526	507	The Closer	Cold Case "Sanctuary"	Cold Case "Sanctuary"	Cold Case "Sanctuary"	Cold Case "Sanctuary"	Cold Case "Sanctuary"	Cold Case "Sanctuary"	Cold Case "Sanctuary"
	106	RDI	126	730	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)	Le Téléjournal (SC)
	161	SUPER			Just Add Water (2008, Romance-Comedy)	(8:45) Table for Three (2009, Romance-Comedy)	(8:45) Table for Three (2009, Romance-Comedy)	(8:45) Table for Three (2009, Romance-Comedy)	(8:45) Table for Three (2009, Romance-Comedy)	(8:45) Table for Three (2009, Romance-Comedy)	(8:45) Table for Three (2009, Romance-Comedy)	(8:45) Table for Three (2009, Romance-Comedy)

critics'corner

The Good Wife

Alicia is representing the daughter of one of the partners in the firm, and her co-counsel on the case, Ryan Alprin, is taking an unusual approach to the defense. Alicia finds both the man and his defense strategy attractive. Christine Baranski and Josh Charles also star in "Unorthodox." 8 PM on CTV; 11 PM on KREM



Scrubs

It's "hell week," and Dr. Cox assigns Lucy the job of team leader, a decision he soon has cause to regret when she takes the job much too seriously. A visit from an internationally renowned surgeon has Turk feeling insecure in the new episode "Our Dear Leaders." 9 PM on KXLY

Drop Dead Diva

Jane defends Deb's mother in a divorce, while Grayson represents her father. Kim represents a dog owner who sues a pet cloning company, claiming the clone is not the same dog as his first pup, a Westminster champion in the new episode "The Chinese Wall." 11 PM on SHOW



For his 16th birthday, Diddy gave his son Justin Dior Combs a brand-new silver Maybach (price tag: \$360,000 US). The teen received the wheels on Saturday night, people.com reports. **METRO NEWS SERVICES**

Celebrity Buzz

Split rumours persist

JUST GET IT OVER WITH

ALREADY Though their reps continue to deny the story, details continue to emerge on the alleged separation of Brad Pitt and Angelina Jolie.

"It's no secret they have been in a pretty loveless relationship for about a year," a source tells the Sun. "They barely spend time together, and when they do it is very fraught. They want different things from life."

The source claims that it was Pitt's brother Doug who convinced him to pull the

plug on the relationship after a particularly chilly holiday season. This past weekend, Pitt was in Los Angeles helping George Clooney with his

Haiti telethon, while Jolie stayed in New York for a photo shoot. Another source told the New York

Daily News newspaper: "I was told (the separation is) not true. They are very secretive. But I was told it's not true."

On Sunday, the News of the World newspaper claimed Brad, 46, and 34-year-old Angelina had visited divorce

lawyers to help them separate and planned to split up in the near future.

The legal document they allegedly signed will see their \$330 million US fortune halved in two,

METRO WORLD NEWS



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Woods' wife allegedly visits him at sex clinic

ONE WOULD THINK KEEPING A SUPERMODEL AWAY WOULD BE A BETTER FIT FOR A SEX

ADDICT Tiger Woods had a special visitor recently at the Mississippi retreat where he is reportedly receiving treatment for sex addiction.

According to Radar Online, Woods' wife, Elin Nordegren, spent several days at the facility participating in his treatment before returning home to Florida. "The marriage is not over. They both

want to save it," a source tells the website.

With so much scrutiny on his personal life, Woods has at least one supporter in his corner: Mel Gibson came to the golfer's defense while chatting with Good Morning America, saying that "sometimes the most difficult part is being able to forgive yourself," which can be difficult when "everyone else is beating on you." Gibson says he's looking forward to Woods getting back to playing golf.

METRO WORLD NEWS



Pair keep low profile at Sundance festival

WHEN WERE THEY HIGH PROFILE

THOUGH? Bradley Cooper and Renée Zellweger — along with Cooper's actor pal Danny McBride — made a surprise appearance in the snow at the Sundance Film Festival this weekend to support Cooper's pals Jonah Hill and his Hangover costar Justin Bartha, who both have movies showing at the fest.

Cooper, 35, and Zellweger, 40, arrived separately, and the couple has kept a relatively low profile since getting into town. Cooper flew

solo Sunday and started off his morning with a quick trip to the USANA/Kari Feinstein Style Lounge. Saturday night also saw Cooper by himself hitting pal Hill's Cyrus premiere at the Eccles Theatre. The casual twosome laughed throughout the night, and Hill, 26, thanked Cooper for coming. Bartha's movie at Sundance is Holy Rollers.

METRO WORLD NEWS



All guys are dogs: Mel

MEN ARE FROM MARS. WOMAN ARE FROM VENUS. GIBSON IS FROM ...

Mel Gibson thinks "all guys are dogs," femalefirst.co.uk reports.

The 54-year-old actor is very protective of his daughters — married Hannah, 29, and baby Lucia with his girlfriend Oksana Grigorieva — because he knows what men are like and

what they are interested in.

He told People magazine: "Oh, you get scared. We all know what dogs all guys are because we are guys." Al-

though Gibson is distrustful of any man's intentions for his girls, the actor acknowledges that women are far smarter than guys give them credit for.

"We shouldn't despair, the truth is all women are smarter than men."

The Hollywood star is a very protective father and partner and last week revealed he keeps a gun in his house. **METRO WORLD NEWS**

Follow these celebrities on Twitter...

CelebTweets

Taylor Swift can only exercise under certain conditions, **Jonathan Ross** isn't worried about what you think of him, **Tila Tequila** finally gets the recognition she deserves, and **Nick Cannon** compares himself to NBA stars.

@wossy Just went for a lovely swim, listening to soundtrack from #GLEE. If that makes me seem less robustly masculine then that is your problem.

@officialTila When I'm SO excited! They are naming a Milkshake after me at "Millions of Milkshakes" this thursday in Hollywood! Everyone come! What an honor!

@NickCannon The results are in. Whose Rap Career was worse, Mine or Kobe Bryant's? And it goes to... SHAQ!!!!

@taylorswift13 The hardest part about motivating myself to run is finding matching socks.



METRO WORLD NEWS

Leo and Refaeli trying once more

TRY, TRY AGAIN Leonardo DiCaprio and Bar Refaeli are always breaking up and getting back together — so what's different about this round of dating?

One source reveals to hollywoodlife.com that Refaeli agreed to get back with him before the holidays but wouldn't be his arm candy. **METRO NEWS SERVICE**



Today
 Cloudy
 -13°C / -24°C

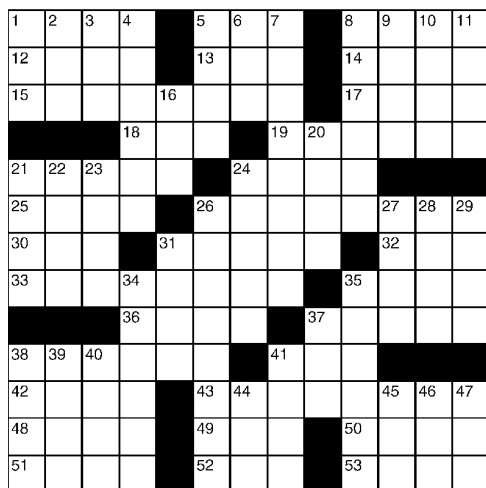
Wednesday
 Sunny
 -9°C / -24°C

Thursday
 Sunny
 -8°C / -19°C



Michele McDougall, Weather Specialist & Host - Breakfast Television
 "My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

- 1 Snowbank creator
- 5 Blond shade
- 8 Recedes
- 12 Helper
- 13 Extinct bird
- 14 — contendere
- 15 Cleared out, as by hoeing
- 17 Let fall
- 18 Pester for payment
- 19 Turn white
- 21 Let off the hook?
- 24 Authentic
- 25 — "Wind in the Willows" character
- 26 Like some grapes
- 30 Pismire
- 31 Dazzles
- 32 Luau offering
- 33 Unthink-ing
- 35 Sturdy fabric
- 36 Mature
- 37 Retains
- 38 Shoddily made
- 41 Torched
- 42 Bread unit

- 43 Unnecessary
- 48 Vote off the island
- 49 — Jima
- 50 Vicinity
- 51 Quarry
- 52 Coffee break hour
- 53 Black plus white

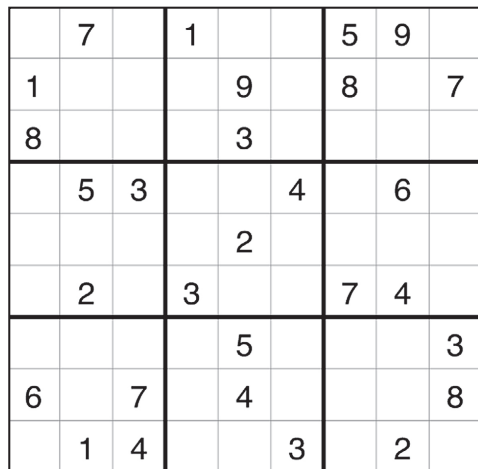
DOWN

- 1 Dog's foot
- 2 Recline
- 3 Praise in verse
- 4 Joined as one
- 5 "So be it"
- 6 "Mayday!"
- 7 They're washed-up
- 8 Ultimate goal
- 9 — Free
- 10 United nations
- 11 Frosh who graduated
- 16 Drag along
- 20 Young fellows
- 21 Hexagonal state
- 22 Zilch
- 23 — de foie gras
- 24 Don't just toss

Sudoku

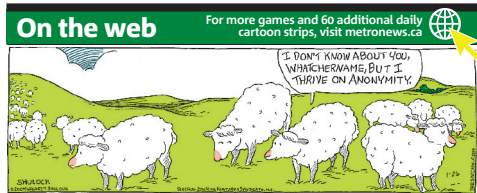
For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

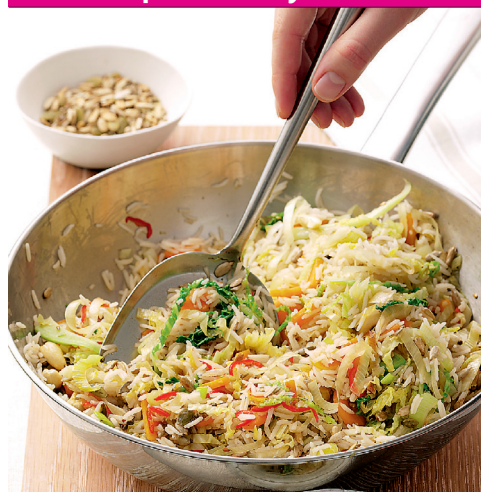


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

FIB	SOLAR	JUS	3	9	1	8	6	4	5	2	7
RNA	CRETE	UTE	4	7	6	9	5	2	3	1	8
ASHTABULA	SAX		5	8	2	7	3	1	4	6	9
ALT	APATHY		8	6	4	3	7	9	2	5	1
MOPPET	SERA		1	3	5	6	2	8	7	9	4
OHIO	DAM	DEBTS	7	2	9	4	1	5	8	3	6
SIRS	LAB	SOAK	6	4	3	2	9	7	1	8	5
TOTEM	GEL	UPI	2	1	7	5	8	6	9	4	3
AVES	RESTED		9	5	8	1	4	3	6	7	2
UNBENT	AGO										
SIL	SANTABABY										
ENE	CRUET	TEE									
RES	HESSE	MEW									



Metro Recipe of the Day



Glorious Vegetable and Cashew Stir Fry

INGREDIENTS:

- 1 1/3 cups (325 mL) basmati rice, rinsed
- 2 tbsp (25 mL) soy sauce
- 1 tbsp (15 mL) dry sherry
- 2 tsp (10 mL) toasted sesame oil
- 2 tbsp (25 mL) canola oil
- 7 1/2 oz (220 g) carrots, peeled, halved lengthwise and thinly sliced
- 2/3 lb (300 g) leeks, thinly sliced
- 5 oz (150 g) Savoy cabbage, thinly sliced
- 1 large garlic clove, crushed
- 1 large fresh red chili pepper, seeded and sliced
- 4 tbsp (60 mL) cashews
- 4 tbsp (60 mL) mixed toast seeds

METHOD:

1. Add rice to pot of

boiling water and boil 10 minutes or until grains are tender. Drain. Meanwhile, mix soy sauce, sherry and sesame oil in small bowl and set aside.
 2. While rice is cooking, heat wok with canola oil and stir-fry carrots and leeks 2-3 minutes or until softened. Add cabbage, garlic and chili pepper, and stir-fry 2-3 minutes. Stir in soy sauce mixture and cashews. Season to taste.
 3. Mix hot rice into wok or pan. Sprinkle with seeds and fork through.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
 You will have to hold a friend's hand and walk them through a situation they do not feel comfortable with.

TAURUS
APRIL 21-MAY 21
 Keep your thoughts to yourself today, especially if you have to deal with people whose friendship you are not entirely sure of.

GEMINI
MAY 22-JUNE 21
 Others will heap all sorts of extra duties and responsibilities on your shoulders if you let them. So don't let them.

CANCER
JUNE 22-JULY 22
 You may not know why you have reached a certain conclusion but if your inner voice tells you it is right you must not ignore it.

LEO
JULY 23-AUG 23
 If someone lets you down over the next 24 hours your best course of action by far is to forgive them. This is no time to hold grudges.

VIRGO
AUG 24-SEPT 22
 You may have a dozen or more things on the go right now but you thrive when the pressure is on. Know when, and how, to say No.

LIBRA
SEPT 23-OCT 23
 Try not to get annoyed with people whose assistance you may need in the very near future. You need allies, not enemies.

SCORPIO
OCT 24-NOV 22
 With Mars, planet of aggression, moving through the career area of your chart at the moment you will find it easy to defend your interests.

SAGITTARIUS
NOV 23-DEC 21
 Some people will go out of their way to gain an advantage at your expense today, but only if they think you have let down your guard.

CAPRICORN
DEC 22-JAN 20
 Someone is angry with you today, and you honestly don't have the faintest idea why. Don't make matters worse by getting angry too.

AQUARIUS
JAN 21-FEB 18
 Someone is counting on you to ride to their rescue and, of course, you will do what you can to help them. But who will rescue you?

PISCES
FEB 19-MARCH 20
 Don't waste a lot of time and energy today trying to explain to people why you are taking a certain course of action — just get on with it.

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Mar. 18 • 1 wk.

\$849

*Taxes & other fees
(including service charges): \$279

Puerto Vallarta/ Riviera Nayarit via Calgary

Meliá Puerto Vallarta • 4 ★ 

All-Inclusive
Deluxe garden view rm.
Feb. 20 & 27 • 1 wk.

\$1099

*Taxes & other fees
(including service charges): \$269

CUBA

Santa Clara via Calgary

Meliá Las Dunas • 4 ★
All-Inclusive • Standard rm.
Feb. 3 • 1 wk.

\$869

*Taxes & other fees
(including service charges): \$218

Barceló Cayo Santa Maria Beach Resort • 4 ★

All-Inclusive
Junior suite
Feb. 10 - 24 • 1 wk.

\$979

*Taxes & other fees
(including service charges): \$218

DOMINICAN REPUBLIC

Punta Cana via Calgary

Occidental Grand
Punta Cana • 4 ★

All-Inclusive • Junior suite
Feb. 2 & 9 • 1 wk.

\$999

*Taxes & other fees
(including service charges): \$301

Gran Bahia Principe Ambar, Don Pablo Collection • 5 ★

All-Inclusive • Junior suite
Feb. 2 - 23 • 1 wk.
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*Taxes & other fees
(including service charges): \$301

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Carnival Victory
Southern Caribbean Cruise
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(including service charges): \$280

Celebrity Cruises²

Celebrity SummitSM
Southern Caribbean Cruise
Flights to San Juan
Oceanview stateroom, cat. 06
Mar. 20 • 1 wk.

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*Taxes & other fees
(including service charges): \$284



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Breezes Resort, Spa & Golf Club, Runaway Bay • 4 ★

Super-Inclusive
Deluxe rm.
Mar. 2 • 1 wk.

\$1699

*Taxes & other fees
(including service charges): \$269



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